November 2021 Group Fitness & Aquatics Schedule

Reservations are required for all Aquatics offerings. Please <u>click here</u> to make your reservation and hold your spot in the pool.

Reservations are required for all Zoom Group Exercise Classes. Please <u>click here</u> to make your reservation and receive the Zoom link. At this time, reservations are not required for in-person Group Exercise Classes or use of the Fitness Center which is open from 6:30 am to 9 pm Monday - Friday and 8 am to 5 pm on Saturday and Sunday.

Time	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		SUNDAY			
5:30AM	5:30 am- 7:00 am Masters							5:30am- 7:00am Masters						5:30am- 7:00am Masters							
6:30 AM	Swim					6:30 am - 7:30 am Vinyasa (Flow)		Swim						Swim							
7:00 AM	7:15 am- 8:00 am Lap Swim				7:15 am- 8:00 am Lap Swim	Yoga IS am- Ann Marie Dance Lap Studio		7:15am- 8:00am Lap Swim	8:00am		7:15am- 8:00am Lap Swim		7:15am- 8:00am Lap Swim								
8:00 AM	8:15 am- 9:00 am Lap Swim				8:15 am- 9:00 am Lap Swim	8:00 am- 9:00 am Cardio Stength Sue Group Fitness and Zoom		8:15am- 9:00am Lap Swim	8:00am- 8:45am Weight & Core Wendy R. Zoom	Kettlebell 8:00 am- 9:00 am Sue Group Fitness Studio and Zoom	8:15am- 9:00am Lap Swim	HIIT 8:00 am- 9:00 am Body weight Sue Group Fitness and Zoom		8:15am- 9:00am Lap Swim	8:00 am- 9:00 am Strength with Dumbbells Sue Group Fitness Studio and Zoom	8:00am- 9:00am Spin Caroline Spin Studio					
9:00 AM	9:15 am- 10:00 am Lap Swim	9:15 am- 10:00 am Balance & Strength Wendy R. Group Fitness and Zoom			9:15 am- 10:00 am Lap Swim			9:15am- 10:00am Lap Swim	9:00am- 9:45am Barre Wendy R. Zoom	9:00am- 10:00am Spin & Sculpt Caroline Spin Studio	9:15am- 10:00am Lap Swim	9:00am- 9:45am Barre Francesca Zoom	9:45am- 10:30am Senior Stretch	9:15am- 10:00am Lap Swim	9:15am- 10:00am Barre & Core Wendy R. Zoom		9:00am- 10:00am Yoga Ann Marie Dance Studio and Zoom	9:00am- 10:00am TABATA Sue Group Fitness Studio and Zoom	9:00am- 10:00am Lap Swim and Family Swim	9:00am- 10:00am Kettlebell Sue Zoom	9:30am- 10:15am Floats
10:00 AM	10:15 am- 11:00 am Lap Swim				10:15 am 11:00 am Lap Swim	10:00am- 11:30am Adult Ballet. Cynthia Dance Studio		10:15am- 11:00am Lap Swim 11:15am- 12:00pm Lap Swim			10:15am- 11:00am Lap Swim		Wendy R. Zoom 11:00am- 12:00pm Boutelle Mary & Tracey Zoom	10:15am- 11:00am Lap Swim	10:15am- 11:30 Aduit Ballet Cynthia Dance Studio				10:00am- 11:00am Lap Swim and Family Swim	10:00am- 11:00am Spin Sue or Shelley Spin Studio	Shanna
11:00 AM	11:15 am- 12:00 am Lap Swim	11:15am- 12:00pm Aqua Fit Wendy R.		11:00am- 12:00pm Boutelle Mary & Tracey Zoom	11:15 am- 12:00 pm Lap Swim						11:15am- 12:00pm Lap Swim			11:15am- 12:00pm Lap Swim					11:00am- 12:00pm Lap Swim and Family Swim		
12:00 PM	12:15 pm- 1:00 pm Lap Swim				12:15 pm- 1:00 pm Lap Swim	12:00pm- 12:45pm Seniorcize Wendy R. Zoom		12:15pm- 1:00pm Lap Swim	12:00pm- 12:45pm Aqua Fit. Wendy R.		12:15pm- 1:00pm Lap Swim			12:15pm- 1:00pm Lap Swim	12:00pm- 12:45pm Tai Chi Wendy M. Group Fitness Studio		12:15pm- 1:00pm Lap Swim and Family Swim		12:00pm- 1:00pm Lap Swim and Family Swim		
1:00 PM	1:15 pm- 2:00 pm Lap Swim	1:00 pm- 2:00 pm Core Strength & Balance Shree Group Fitness Studio			1:15 pm- 2:00 pm Lap Swim	1:00pm- 2:00pm Pilates Wendy R. Zoom	1:00pm- 2:00pm Senior Strength Garrett Group Fitness Studio	1:15pm- 2:00pm Lap Swim	1:00pm- 2:00pm Stretch & Restore Shree Group Fitness Studio		1:15pm- 2:00pm Lap Swim	1:15pm- 2:00pm Aqua Fit. Wendy R.		1:15pm- 2:00pm Lap Swim			1:15pm- 2:00pm Lap Swim and Family Swim		1:00pm- 2:00pm Lap Swim and Family Swim		
2:00 PM	2:15 pm- 3:00 pm Lap Swim		-		2:15 pm- 3:00 pm Lap Swim			2:15pm- 3:00pm Lap Swim			2:15pm- 3:00pm Lap Swim			2:15pm- 3:00pm Lap Swim			2:15pm- 3:00pm Lap Swim and Family Swim		2:00pm- 3:00pm Lap Swim and Family Swim		
3:00 PM																	3:15pm- 4:00pm Lap Swim and Family Swim		3:00pm- 4:00pm Lap Swim and Family Swim		
6:30 PM																	Aquatics	Fitness	Dance Stretch & Yoga	Racquet Sports	