

November 2021 Group Fitness & Aquatics Schedule

Reservations are required for all Aquatics offerings. Please [click here](#) to make your reservation and hold your spot in the pool.

Reservations are required for all Zoom Group Exercise Classes. Please [click here](#) 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 Swim		5:30am-7:00am Masters Swim		5:30am-7:00am Masters Swim		
6:30 AM		6:30 am - 7:30 am Vinyasa (Flow) Yoga Ann Marie Dance Studio					
7:00 AM	7:15 am-8:00 am Lap Swim	7:15 am-8:00 am Lap Swim	7:15am-8:00am Lap Swim	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	8:15am-9:00am Lap Swim	8:15am-9:00am Lap Swim	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 Lap Swim	9:15am-10:00am Lap Swim	9:15am-10:00am Lap Swim	9:15am-10:00am Lap Swim	9:00am-10:00am Yoga Ann Marie Dance Studio and Zoom	9:00am-10:00am Lap Swim and Family Swim
10:00 AM	10:15 am-11:00 am Lap Swim	10:15 am-11:00 am Lap Swim	10:15am-11:00am Lap Swim	10:15am-11:00am Lap Swim	10:15am-11:00am Lap Swim	9:00am-10:00am TABATA Sue Group Fitness Studio and Zoom	9:00am-10:00am Kettlebell Sue Zoom
11:00 AM	11:15 am-12:00pm Aqua Fit Wendy R.	11:15 am-12:00 pm Lap Swim	11:15am-12:00pm Lap Swim	11:15am-12:00pm Lap Swim	11:15am-12:00pm Lap Swim		10:00am-11:00am Lap Swim and Family Swim
12:00 PM	12:15 pm-1:00 pm Lap Swim	12:15 pm-1:00 pm Lap Swim	12:15pm-1:00pm Lap Swim	12:15pm-1:00pm Lap Swim	12:15pm-1:00pm Lap Swim	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	1:15 pm-2:00 pm Lap Swim	1:15pm-2:00pm Lap Swim	1:15pm-2:00pm Lap Swim	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	Racquet Sports