

# January 2022 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							
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 8:00 am-9:00 am Cardio Strength Sue Zoom	8:15am-9:00am Lap Swim 8:00am-8:45am Weight & Core Wendy R. Zoom	8:15am-9:00am Lap Swim Kettlebell 8:00 am-9:00 am Sue Zoom	8:15am-9:00am Lap Swim HIIT 8:00 am-9:00 am Body weight Sue Zoom	8:15am-9:00am Lap Swim 8:00 am-9:00 am Strength w/ Dumbbells Sue Zoom	8:00am-9:00am Spin Caroline Spin Studio
9:00 AM	9:15 am-10:00 am Lap Swim 9:15am-10:00am Balance & Strength Wendy R. Group Fitness Studio and Zoom	9:15 am-10:00 am Lap Swim	9:15am-10:00am Lap Swim 9:00am-9:45am Barre Wendy R. Zoom	9:15am-10:00am Lap Swim 9:00am-10:00am Spin & Sculpt Caroline Spin Studio	9:15am-10:00am Lap Swim 9:00am-9:45am Barre Francesca Zoom	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 Zoom
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 10:00am-11:30am Adult Ballet. Cynthia Dance Studio	10:15am-11:00am Lap Swim 9:45am-10:30am Senior Stretch Wendy R. Zoom	10:15am-11:00am Lap Swim 9:00am-9:45 am Beginner Yoga Nikki Meeting Room B	10:15am-11:00am Lap Swim 10:00am-11:30am Adult Ballet. Cynthia Dance Studio	10:00am-11:00am Lap Swim and Family Swim 10:15am-11:00am Fit in 5 Wendy Group Fitness Studio and Zoom
11:00 AM	11:15 am-12:00 pm Lap Swim 11:15am-12:00pm Aqua Fit Wendy R.	11:15 am-12:00 pm Lap Swim 11:00 am-12:00pm Boutelle Mary & Tracey Zoom	11:15am-12:00pm Lap Swim	11:15am-12:00pm Lap Swim 11:00am-12:00pm Boutelle Mary & Tracey Zoom	11:15am-12:00pm Lap Swim	11:15am-12:00pm Lap Swim	11:00am-12:00pm Lap Swim and Family Swim
12:00 PM	12:15pm-1:00pm Lap Swim	12:15pm-1:00pm 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 12:00 pm-12:45pm Tai Chi Wendy M. Group Fitness Studio	12:15pm-1:00pm Lap Swim	12:15pm-1:00pm Lap 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	1:15pm-2:00pm Lap Swim 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 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