May 2022 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.

| 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 | | | | | | | Swim | | | | 1 | | | Swim | | | | | | | |
| 7:00 AM | 7:15 am- 8:00 am Lap Swim | | | | 7:15 am- 8:00 am Lap Swim | | 7:30 am- 8:30 am Yoga Annmarie Fitness Studio and | 7:15am- 8:00am Lap Swim | | | 7:15am- 8:00am Lap Swim | | | | 7:15am- 8:00am Lap Swim | | | | | | ſ | 0.20 am |
| 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 Zoom | Zoom Starts 2/8 | 8:15am- 9:00am Lap Swim | 8:00am- 8:45am Weight & Core Wendy R. Zoom | 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 Stremgth w/ Dumbbells Sue Zoom | 8:00am- 9:00am Spin Caroline Spin Studio | | 8:30 am- 11:30 am Pickleball | | | 8:30 am- 11:30 am Pickleball |
| 9:00 AM | 9:15 am- 10:00 am Lap Swim | 9:15am- 10:00am Balance & Strength Wendy R. Group Fitness Studio and Zoom | 9:30 am- 11:30 am Pickleball | | 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 | 9:00am- 9:45 am Beginner Yoga Nikki Meeting Room B | 9:15am- 10:00am Lap Swim | 9:15am- 10:00am Barre & Core Wendy R. Zoom | 9:30 am- 11:30 am Pickleball | 9:00am- 10:00am Yoga Ann Marie Dance Studio and Zoom | 9:00am- 10:00am TABATA Sue Zoom | 9:00am- 10:00am Lap Swim and Family Swim | 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 | | 10:15am- 11:00am Lap Swim | 10:00am- 11:30am Adult | | 10:15am- 11:00am Lap Swim | | Wendy R. Zoom | | 10:15am _{:1} 11:00am2 Lap Swim ^{Ba} | :45 pm | | | 8:30 am- 11:30 am Pickleball | 10:00am- 11:00am Lap Swim and Family Swim | | 8:30 am- 11:30 am Pickleball |
| 11:00 AM | 11:15 am- 12:00 am Lap Swim | 11:15am- 12:00pm Aqua Fit Wendy R. | | 11:00 am- 12:00pm Boutelle Mary & Tracey Zoom | 11:15 am- 12:00 pm Lap Swim | Dance Studio | | 11:15am- 12:00pm Lap Swim | Ballet. Cynthia Dance Studio | | 11:15am- 12:00pm Lap Swim | | 11:00am- 12:00pm Boutelle Mary & Tracey Zoom | y | 11:15am- 12:00pm Lap Swim | Dance Studio | | | | 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 | 2:45 pm | 12:15pm- 1:00pm Lap Swim | | 11:45 am - 2:45 pm Badmintor |
| 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 | 2:00pm | 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 | 4:30 pm | 3:00pm- 4:00pm Lap Swim and Family Swim | | 3:00 pm - 4:30 pm Basketball |
| 6:30 PM | | | 6:30 pm- 9:30 pm Badminton | | | | | | 6:30 pm- 9:30 pm Badminton | | | | | | | | 6:30 pm- 9:30 pm Badminton | Aquatics | Fitness | Dance Stretch & Yoga | Racquet Sports | |
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