

# July 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<br>Zoom | 8:15am-9:00am Lap Swim     | 8:15am-9:00am Lap Swim   | 8:15am-9:00am Lap Swim     | 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<br>Zoom | 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   | 8:30 am-11:30 am Pickleball                         | 10:00am-11:00am Lap Swim and Family Swim |
| 11:00 AM | 11:15 am-12:00 pm Lap Swim        | 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   | 11:45 am-2:45 pm Badminton                          | 11:00am-12:00pm Lap Swim and Family Swim |
| 12:00 PM | 12:15pm-1:00pm Lap Swim           | 12:15pm-1:00pm Lap Swim          | 12:15pm-1:00pm Lap Swim    | 12:15pm-1:00pm Lap Swim  | 12:15pm-1:00pm Lap Swim    |   | 12:15pm-1:00pm Lap 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     |   | 1:00pm-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     |   | 2:00pm-3:00pm Lap Swim and Family Swim   |
| 3:00 PM  |                                   |                                  |                            |                          |                            |   | 3:00pm-4:00pm Lap Swim and Family Swim   |
| 6:30 PM  | 6:30 pm-9:30 pm Badminton         |                                  | 6:30 pm-9:30 pm Badminton  |                          | 6:30 pm-9:30 pm Badminton  |   | Dance Stretch & Yoga                     |