July 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							5:30am- 7:00am							5:30am- 7:00am							
6:30 AM	Masters Swim							Masters Swim							Masters 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							
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	9:00am- 9:45am 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		9:15am- 10:00am Lap Swim	9:00am- 10:00am Barre & Core Wendy R. Zoom	9:30 am- 11:30 am 1 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		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-		10:15am- 11:00am Lap Swim		Wendy R. Zoom		10:15am- 11:00am Lap Swim	10:00am- 11:30am Adult		10:30am- 11:15am Fit in 5 Wendy Group Fitness Studio and Zoom	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	11:30am Adult Ballet. Cynthia Dance Studio		11:15am- 12:00pm Lap Swim		11:00am- 12:00pm Boutelle Mary & Tracey Zoom		11:15am- 12:00pm Lap Swim	Ballet. Cynthia 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	12:45pm		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	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	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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