

# October 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.

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									
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	9:15 AM - 10:15 AM Yoga Nikki	8:15am-9:00am Lap Swim	8:00am-8:45am Weight & Core Wendy R. Zoom	8:00 am-9:00 am Kettlebell Sue Hybrid Group Fitness Studio	8:15am-9:00am Lap Swim	HIT 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 Group Fitness Studio Hybrid	8:00am-9:00am Spin Caroline Spin Studio	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 Hybrid	9:00 AM - 11:00 AM Pickleball	9:15 AM - 10:15 AM Spin Caroline G.	9:15 am-10:00 am Lap Swim			9:15am-10:00am Lap Swim	9:00am-9:45am Barre Wendy R. Zoom	9:15 AM - 10:15 AM Spin & Sculpt Caroline G.	9:15am-10:00am Lap Swim	9:00 am-9:45 am Barre Francesca Hybrid Group Fitness Studio	9:45am-10:30am Senior Stretch Wendy R. Zoom	9:15am-10:00am Lap Swim	9:00am-10:00am Barre & Core Wendy R. Zoom	9:00 AM - 11:00 AM Pickleball	9:00am-10:00am Yoga Ann Marie Dance Studio and Hybrid	9:00am-10:00am TABATA Sue Zoom	9:00am-10:00am Lap Swim and Family Swim	9:00am-10:00am Kettlebell Sue 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 Dance Studio	10:15am-11:00am 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	10:30am-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		
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	11:15am-12:00pm Lap Swim				11:15am-12:00pm Lap Swim			11:00am-12:00pm Boutelle Mary & Tracey Zoom	10:00am-11:30am Adult 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	12:00pm-12:45pm Aqua Fit. Wendy R.				12:15pm-1:00pm Lap Swim	12:00 pm-12:45pm Tai Chi Wendy M. Group Fitness Studio	12:15pm-1:00pm Lap Swim			11:45 am - 2:45 pm Badminton	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	1:00pm-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	3:00 pm - 4:30 pm Basketball	3:00pm-4:00pm Lap Swim and Family Swim			
6:30 PM															6:30 pm-9:30 pm Badminton Gym	Aquatics	Fitness	Dance Stretch & Yoga	Racquet Sports			