

# November 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.

## Night Swims: Monday - Thursday: 8:30pm-9:30pm Friday: 7-9:30pm

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			8:00am-8:45am Weight & Core Wendy R. Zoom			8:15am-9:00am Lap Swim			HIIT 8:00 am-9:00 am Body weight Sue Zoom		9:15 AM - 10:15 AM Yoga Nikki														
9:00 AM	9:15 am-10:00 am Lap Swim	9:00am-9:45am Balance & Strength Wendy R. Dance Studio and Zoom		9:00 AM - 11:00 AM Pickleball Gym South		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-9:45 am Barre Francesca Hybrid Dance 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 Gym South		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	
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						10:15am-11:00am Lap Swim			10:00am-11:30am Adult Ballet. Cynthia Dance Studio			10:15am-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			11:15am-12:00pm Lap Swim			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			12:15pm-1:00pm Lap Swim			12:15pm-1:00pm Lap Swim			12:00 pm-12:45pm Tai Chi Wendy M. Dance 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			1:15pm-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																					3:15pm-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							6:30 pm-9:30 pm Badminton Gym						6:30 pm-9:30 pm Badminton Gym						Aquatics			Fitness		Dance Stretch & Yoga		Racquet Sports			