

October 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	5:35-6:30 Sunrise Aqua 8:30-9:30 Shallow Cardio 8:30-9:30 (A) Stretch & Flex Combined 9:30-10:30 Deep Cardio 9:30-10:30 (A) Zumba Gold & Tone 10:30-11:30 Aqua Arthritis 11:15-12:00 (B) Creative Movement and Dance No Class 10/21 11:30-12:30 Orentation 11:45-12:15 (A) High Voltage Circuit 12:15-12:45 (A) HIIT 3:30-4:15 (A) Princess and Fairytales No Class 10/21	8:30-9:30(A) Aerobics 8:30-9:30 Shallow Tone 9:30-10:30(A) Senior Pilates 9:30-10:30 Deep Tone 10:30-11:00(A) Soft Body Roller 10:30-11:30 Aqua Arthritis 11:00-12:00 (A) Strong By Zumba	5:35-6:30 Sunrise Aqua 8:30-9:30 Shallow Cardio 8:30-9:30 (A) Stretch & Flex 8:30-9:30 (B) Men's Stretch 9:30-10:30 Deep Cardio 9:30-10:30 (B) Yoga 9:30-10:30 (A) Line Dancing 10:30-11:30 (A) Zumba Gold 10:30-11:30 Aqua Arthritis 11:30-12:00 Water Walking 11:45-12:15(A) High Voltage Circuit 12:15-12:45 (A) HIIT	8:30-9:30(A) Senior Pilates 8:30-9:30 (B) Body Control 8:30-9:30 Shallow Tone 9:30-10:30(A) Pilates 9:30-10:30 YoPiChi 10:00-11:00 ZUMBA 10:30-11:00 (A) Soft Body Roller 10:30-11:30 Aqua Arthritis	5:35-6:30 Sunrise Aqua 8:30-9:15 Shallow Cardio 8:30-9:30 (A) Stretch & Flex 8:30-9:30 (B) Men's Stretch 9:30-10:30 Deep Cardio 9:30-10:30(A) Circuit 10:30-11:30 Aqua Arthritis 11:30-12:00 Water Walking 11:45-12:15 (A) High Voltage Circuit 12:15-12:45 (A) HIIT	9:00-10:00 (B) Beginner Yoga 9:00-9:45 (A) Kid Fit 6-9 9:15-10:15 Mixed Aqua 9:45-10:30 (A) Kid Fit 10-13 10:00-11:00 (B) Kids Yoga 10:30-11:30 (A) Zumba 11:45-12:45 (A) Hip Hop 6-9 No Class 10/26 1:15-2:15 (A) Hip Hop 10-13 No Class 10/26
EVENING	5:30-6:30 (B) Yoga 5:30-6:30 (A) Zumba Step 5:30-6:30 Evening Aqua 6:30-7:30 (A) Zumba	5:30-6:00 (A) Core Exp 6:00-6:30 (A) HITT 6:30-7:30 (A) Zumba	5:30-6:00 (A) Glute Camp 5:30-6:30 Evening Aqua 5:30-6:30(B) Yoga 6:00-6:30 (A) Core Exp 6:40-7:40 (A) Strong By Zumba	5:30-6:00(A) Core Exp 5:30-6:30(B) Yoga 6:00-6:30 (A) HITT 6:40-7:40 (A) Strong By Zumba	6:30-7:30 (A) Zumba	

Facility Hours:
 Monday - Thursday: 5:30 AM - 9:00 PM
 Friday: 5:30 AM - 8:00 PM
 Saturday: 8:00 AM - 4:00 PM
 Sunday: 1:00 PM - 6:00 PM

Kids Play Area:
 Monday-Friday: 8:30 AM - 11:45 AM
 4:30 PM - 7:45 PM
 Saturday: 8:30 AM - 12:00 PM

Pickleball:
 Monday & Friday: 10:00 AM - 12:00 PM
 Wednesday: 1:00 PM - 3:00 PM
 Thursday: 6:30 PM - 9:00 PM
 Saturday: 8:30 AM - 12:00 PM
 Sunday: 2:00 PM - 4:30 PM



See schedule on back for classes offered and class time changes

Instructors listed on the back. Last minute changes may occur without notice due to unforeseen schedule issues.

Registration is required for classes highlighted in green.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct
	8:30am Kathleen	5:35am Sandra	8:30am Claire	5:35am James	9:00am Claire
	8:30am Mary K	8:30am Jill (S&F)	8:30am Mardavean	8:30am Kathleen (S&F)	9:00amDimitri
	9:30am Kathleen	8:30am Sandra (Mens)	8:30am Sandra	8:30am Dimitri (Mens)	9:15am Mary K
	9:30am Mary K	8:30am Lauren	9:30am Claire	8:30am Ruby	9:45am Dimitri
	10:30am Mary K	9:30am Sam (Yoga)	9:30am Lauren	9:30am Ruby	10:00am Claire
	10:30am Kathleen	9:30am Cherie (Line)	10:00am Yajaira	9:30am Kathleen	10:30am Yajaira
	11:00am Yajaira	9:30am Lauren	10:30am Claire	10:30am Mary K	11:45am Kennedy
		10:30am Ruby	10:30am Lauren	11:30am Mary K	1:15 Kennedy
		11:30am Ruby		11:45am Lewis	
		10:30am Yajaira		12:15pm Lewis	
		11:45am Marcus			
		12:15pm Marcus			
		5:30pm Marcus	5:30pm Mardavean (Core)		
		5:30pm Jill	5:30pm Sam (Yoga)		
	5:30pm Marcus	5:30pm Phe (Yoga)	6:00pm Mardavean		
	6:00pm Marcus	6:00pm Marcus (Core)		6:30pm Yajaira	
	6:30pm Stephanie	6:40 pm Yajaira	6:40pm Yajaira		
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct
5:35am Tracie	8:30am Kathleen	5:35am Mary U	8:30am Claire	5:35am James	9:00am Claire
8:30am Tevon (Combined)	8:30am Ruby	8:30am Jill (S&F)	8:30am Mardavean	8:30am Kathleen (S&F)	9:00amDimitri
8:30am Kim	9:30am Kathleen	8:30am Dimitri (Mens)	8:30am Lauren	8:30am Tevon(Mens)	9:15am TBA
9:30am Kim	9:30am Ruby	8:30am Ruby	9:30am Claire	8:30am Lauren	9:45am Dimitri
9:30am Yajaira	10:30am Ruby	9:30am Sam (Yoga)	9:30am Lauren	9:30am Lauren	10:00am Claire
10:30am Lauren	10:30am Kathleen	9:30am Cherie (Line)	10:00am Yajaira	9:30am Kathleen	10:30am Stephanie
11:15 Amber	11:00 Yajaira	9:30am Ruby	10:30am Claire	10:30am Ruby	11:45am Kennedy
11:30am Lauren		10:30am Lauren	10:30am Lauren	11:30am Ruby	1:15 Kennedy
11:45am Marcus		11:30am Lauren		11:45am Marcus	
12:15pm Marcus		10:30am Yajaira		12:15pm Marcus	
		11:45am Lewis			
3:30pm Amber		12:15pm Lewis			
		5:30pm Marcus	5:30pm Mardavean (Core)		
5:30pm Naomi		5:30pm Jill	5:30pm Sam (Yoga)		
5:30pm James	5:30pm Marcus	5:30pm Phe (Yoga)	6:00pm Mardavean		
5:30pm Kayla (Yoga)	6:00pm Marcus	6:00pm Marcus (Core)			
6:30pm Naomi	6:30pm Stephanie	6:40 Yajaira	6:40pm Yajaira	6:30pm Yajaira	
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct
5:35am Mary U	8:30am Cindy	5:35am Sandra	8:30am Claire	5:35am Tracie	9:00am Claire
8:30am Tevon (Combined)	8:30am Lauren	8:30am Jill (S&F)	8:30am Mardavean	8:30am Tevon (S&F)	9:00amDimitri
8:30am Kim	9:30am Frances	8:30am Sandra (Mens)	8:30am Ruby	8:30am Dimitri (Mens)	9:15am Dalace
9:30am Kim	9:30am Lauren	8:30am Lauren	9:30am Claire	8:30am Ruby	9:45am Dimitri
9:30am Yajaira	10:30am Lauren	9:30am Sam (Yoga)	9:30am Ruby	9:30am Ruby	10:00am Claire
10:30am Ruby	10:30am Cindy	9:30am Cherie (Line)	10:00am Yajaira	9:30am Dimitri	10:30am Carla
11:15 Amber	11:00 Yajaira	9:30am Lauren	10:30am Claire	10:30am Lauren	11:45am Kennedy
11:30am Ruby		10:30am Ruby	10:30am Ruby	11:30am Lauren	1:15 Kennedy
11:45am Lewis		11:30am Ruby		11:45am Lewis	
12:15pm Lewis		10:30 Yajaira		12:15pm Lewis	
		11:45am Marcus			
3:30pm Amber		12:15pm Marcus			
		5:30pm Marcus	5:30pm Mardavean (Core)		
5:30pm Naomi		5:30pm Jill	5:30pm Sam (Yoga)		
5:30pm James	5:30pm Marcus	5:30pm Phe (Yoga)	6:00pm Mardavean		
5:30pm Kayla (Yoga)	6:00pm Marcus	6:00pm Marcus (Core)		6:30pm Carla	
6:30pm Naomi	6:30pm Stephanie	6:40 pm Yajaira	6:40pm Yajaira		
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	26-Oct
5:35am Tracie	8:30am Kathleen	5:35am Mary U	8:30am Claire	5:35am James	9:00am Claire
8:30am Tevon (Combined)	8:30am Mary K	8:30am Jill (S&F)	8:30am Mardavean	8:30am Kathleen (S&F)	9:00amDimitri
8:30am Kim	9:30am Kathleen	8:30am Dimitri (Mens)	8:30am Lauren	8:30am Tracie (Mens)	9:15am Lauren
9:30am Kim	9:30am Mary K	8:30am Lauren	9:30am Claire	8:30am Ruby	9:45am Dimitri
9:30am Yajaira	10:30am Mary K	9:30am Sam (Yoga)	9:30am Lauren	9:30am Ruby	10:00am Claire
10:30am Ruby	10:30am Kathleen	9:30am Cherie (Line)	10:00am Yajaira	9:30am Kathleen	10:30am Stephanie
11:15 No Class	11:00 Yajaira	9:30am Lauren	10:30am Claire	10:30am Mary K	11:45am No Class
11:30am Ruby		10:30am Ruby	10:30am Lauren	11:30am Mary K	1:15 No Class
11:45am Marcus		11:30am Ruby		11:45am Marcus	
12:15pm Marcus		10:30 Yajaira		12:15pm Marcus	
		11:45am Lewis			
3:30pm No Class		12:15pm Lewis			
		5:30pm Marcus	5:30pm Mardavean (Core)		
5:30pm Naomi		5:30pm Jill	5:30pm Sam (Yoga)		
5:30pm James	5:30pm Marcus	5:30pm Phe (Yoga)	6:00pm Mardavean		
5:30pm Kayla (Yoga)	6:00pm Marcus	6:00pm Marcus (Core)		6:30pm Carla	
6:30pm Naomi	6:30pm Stephanie	6:40 pm Yajaira	6:40pm Yajaira		
28-Oct	29-Oct	30-Oct	31-Oct	<p>Try a New Class:</p> <p>Deep Aqua Tone Tuesdays at 10:30 am</p> <p>Water Walking Wednesdays & Fridays at 11:30am</p> <p>Zumba Thursday Mornings at 10:00 am</p> <p>Zumba Gold &Tone Monday Mornings at 9:30 am</p> <p>Kid's Yoga Saturday Mornings 10:00 am</p> <p>Body Control Thursday Mornings at 8:30 am</p>	
5:35am Mary U	8:30am Kathleen	5:35am Tracie	8:30am Claire		
8:30am Tevon (Combined)	8:30am Mary K	8:30am Jill (S&F)	8:30am Mardavean		
8:30am Kim	9:30am Kathleen	8:30am Sandra (Mens)	8:30am Lauren		
9:30am Kim	9:30am Mary K	8:30am Lauren	9:30am Claire		
9:30am Yajaira	10:30am Mary k	9:30am Sam (Yoga)	9:30am Lauren		
10:30am Ruby	10:30am Kathleen	9:30am Cherie (Line)	10:00am Yajaira		
11:15 Amber	11:00am Yajaira	9:30am Lauren	10:30am Claire		
11:30am Ruby		10:30am Ruby	10:30am Lauren		
11:45am Lewis		11:30am Ruby			
12:15pm Lewis		10:30am Yajaira			
		11:45am Marcus			
3:30pm Amber		12:15pm Marcus			
		5:30pm Marcus	5:30pm Mardavean (Core)		
5:30pm Naomi		5:30pm Jill	5:30pm Sam (Yoga)		
5:30pm James	5:30pm Marcus	5:30pm Phe (Yoga)	6:00pm Mardavean		
5:30pm Kayla (Yoga)	6:00pm Marcus	6:00pm Marcus (Core)			
6:30pm Naomi	6:30pm Stephanie	6:40 pm Yajaira	6:40pm Yajaira		