

WINTER 2016 ON-GOING FITNESS CLASSES/INDOOR FIT GROUPS

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
7 am :15 :30 :45		7-8 ZUMBA GOLD	7-8 CARDIO STRENGTH MIX	7-8 ACTIVE SOMATICS	7-8 ZUMBA GOLD	7:00- 7:45 CARDIO STRENGTH MIX	
8 am :15 :30 :45		8:30-9:15 TAI CHI	8:15-9:00 CORE AND MORE	8:30-9:15 TAI CHI	8:15-9:00 CORE AND MORE	8:15-9:15 YOGA FUSION	8:00- 8:45 CORE AND MORE
9 am :15 :30 :45		9:30 - 10:15 BARRE CLASS	9:30- 10:30 CIRCUIT TRAINING	9:30-10:15 GENTLE PILATES	9:30- 10:30 CIRCUIT TRAINING	9:30-10:15 STEP	9-9:45 CARDIO STRENGTH MIX
10 am :15 :30 :45		10:30-11:30 Silver	10:30- 11:30 11:30 Country Line	10:30-11:30 Silver	10:30- 11:30	10:30-11:30 Silver	10-12 ADVANCED PING PONG <i>(group)</i>
11 am :15 :30 :45		Sneakers Classic	GENTLE YOGA	Sneakers Classic	GENTLE YOGA	Sneakers Classic	
12 PM :15 :30 :45		12-1 PM YIN STYLE YOGA	12:00-12:45 BALANCE CARDIO STRENGTH	12-1:15 SLO FLO YOGA	12:00-12:45 BALANCE CARDIO STRENGTH	12:00 -1:00 YIN STYLE YOGA	12:15-12:55 BALLROOM DANCING
1 PM :15 :30 :45		1:30-2:15 pm SILVER&FIT EXPERIENCE	1:15-3:15 OPEN	1:30-2:15 pm SILVER&FIT EXPERIENCE	1- 2 pm FALL PREVENTION (SIGN UP)	1:30-2:15 pm SILVER&FIT EXPERIENCE	1:05-1:45 BALLROOM DANCING 2
2 PM :15 :30 :45			Ping Pong Int/Adv <i>(group)</i>		2:15-4:15 OPEN PING PONG	2:30-3:30 pm FIT	
3 PM :15 :30 :45				3:00 - 4:45 OPEN PING PONG	All Levels <i>(group)</i>	YOGA STARTS 1/8	
4 PM :15 :30 :45			4-4:45 pm CARDIO STRENGTH MIX	All Levels <i>(group)</i>			
5 PM :15 :30 :45		5-5:45 pm ZUMBA GOLD		5-5:45 CARDIO CABERET			
6 PM :15 :30 :45		6 - 7:00 CLASSICAL YOGA	6-7 pm HANNA SOMATICS STARTS 1/20	6-7 pm BARRE CLASS	6:00-6:45 POWER		
7 PM :15 :30 :45		7:30-9:00 OPEN PING PONG All Levels <i>(group)</i>		All of these classes meet weekly (drop in if you wish), throughout the year, unless "session" or "workshop" which mean you must pre-register.			
8 PM :15				"POWER" & "Circuit" Classes are held in the Fitness Center			
9 PM :30				"POWER" & "Circuit" Classes are held in the Fitness Center			

FALL 2015 ON-GOING AQUA CLASSES AND POOL ACTIVITIES

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6 am :15 :30 :45	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00-8:00 OPEN SWIM	
7 am :15 :30 :45	7:00-7:45 AQUA SUNRISERS	7:00-8:00 EARLY BIRD AQUA	7:00-7:45 AQUA SUNRISERS	7:00-8:00 EARLY BIRD AQUA	7:00-7:45 AQUA SUNRISERS		
8 am :15 :30 :45	8:15-9 AQUA AGELESS	8:00-5:30 OPEN SWIM	8:15-9 AQUA AGELESS	8:00-5:30 OPEN SWIM	8:15-9 AQUA AGELESS	8-8:45 am Aqua Zumba	All NON- Class Times in Pool are attended by Volun- teer Moni- tors. — — — — No lifeguard on duty. — — — Contact us if you would like to help Volunteer
9 am :15 :30 :45	9:15-10 AQUA FIT 'N' TONE		9:15-10 AQUA FIT 'N' TONE		9:15-10 AQUA FIT 'N' TONE	9:00-9:45 am PILAQUA	
10 am :15 :30 :45	10:00-7:45p OPEN SWIM		10:00-7:45 pm OPEN SWIM		10:00-3:15 OPEN SWIM	10:00 –2 pm OPEN SWIM	
11 am :15 :30 :45							
12 PM :15 :30 :45							
1 PM :15 :30 :45							
2 PM :15 :30 :45			AQUA YOGA 2-3 pm Starts 3/2			2:00-3:45 FAMILY TIME SWIM	<i>PRIVATE Pool Rental 9a-5:30p Please respect this by waiting</i>
3 PM :15 :30 :45					3:15-5 FAMILY TIME SWIM	3:45-5:45	
4 PM :15 :30 :45						OPEN SWIM	
5 PM :15 :30 :45		5:30-6:30 AQUA		5:30-6:30 AQUA	5-5:45 pm OPEN SWIM		
6 PM :15 :30 :45		FITNESS FUSION 6:30-7:45 OPEN SWIM		FITNESS FUSION 6:30-8:45 OPEN SWIM			5:30—8 OPEN SWIM
7 PM :15 :30 :45				7:00-7:45 Water Volleyball (group)			