

November 2022 Fitness Classes

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Land Fitness Classes	5:10 AM			Power Tone Andrea	Step & Tone Emily			
	6:10 AM		321Hiit Andrea	Core Fusion Cecilee	HiLo Power Jenny	Yoga Jenny	Power Tone Andrea	
	7:10 AM							Turbokick Liz
	8:10 AM		Power Tone Torri	Zumba Leslie	MultiStep Liz	HiLo Power Nicole	Yoga Joani	Power Tone Liz
	9:10AM		Barre Cecilee	Step Kristi	Barre& Pilates Sheri	Zumba Leslie	HiLo Power Kristi	Step Kristi
	9:10AM Gymnasium		Turbokick Jessica			321 Hiit Liz (9am)	Power Tone Wendy	
	10:10am		Yoga Mandy	Yoga Joani	Tai Chi Connie	Yoga Wendy	Zumba Tiffany	Zumba Patti
	10:10 AM Gymnasium	Yoga 10:00am Mandy/ Sapientia 90 minutes			Power Tone Ericka			
	11:10am		SilverSneakers Classic Christi	SilverSneakers Yoga Joani	SilverSneakers Circuit Sheri	SilverSneakers Yoga Heather	SilverSneakers Classic Andrea	Yoga Staff
	12:00pm					Tai Chi Connie		
	5:10pm		Yoga Misty					
	5:30 PM			321Hiit Express Liz				
	6:10 PM		Zumba Katrina	Turbokick Liz	Zumba Patti	Power Tone Farron		
	7:10 PM		Step Nikke	Zumba Tiffany	Pilates Patti	Cardio Pump Patti		
	8:10 PM		Pilates Patti	Yoga Megan	Yoga Sapientia	Yoga Mandy		
9:10 PM					Zumba Katrina			
KIDS		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:15pm		Jammin' kids (ages 5+) Linda	Tai Chi (ages 5+) Connie	Skills & Drills (ages 5+) Christi			

Water Fitness Classes		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 AM Deep		X-Challenge Patrice	Go the Distance Louise	X-Challenge Patrice	Go the Distance Louise	Circuit Training Patrice	
	6:00 AM Shallow		Push-it Louise	Wet n' Fit MerLynn	Push-it Jana	Wet n' Fit MerLynn	Push-it Kathleen	
	7:00AM Shallow			Interval Training Susan		Body Sculpting Susan		
	8:00 AM Shallow		Body Sculpting Genevieve	Circuit Training Julie T.	Aqua Kickbox Julie B.	Hi Lo H2O Julie T.	Aqua Boot Camp Karina	1st & 2nd Aqua Zumba w/ Linda 3rd-5th Wet n' Fit w/ Lavinia
	9:00 AM Shallow		Silver Sneakers Splash Christi	Aqua Zumba Linda	Silver Sneakers Splash Steff/Cynthia	Aqua Zumba Linda	Silver Sneakers Splash Cynthia	
	9:00AM Deep		Aqua Tone Julie B.	Interval Training Catharine	Circuit Training Genevieve	Interval Training Catharine/Steff	Cardio Endurance Julie B.	
	10:00 AM Shallow		Strengthen & Tone Christi	Float Fit Sarah	Strengthen & Tone Steff/Cynthia	Float Fit Racheal/Sue		
	8:00 PM Comp		Power Aquatics Rebecca	Fun Fitness Rebecca	Aqua Zumba Katrina	Power Aquatics Rebecca		
	9:00 PM Deep			Power Aquatics Kim		30 min Cardio & Core Rebecca		
9:15 PM Shallow			FFLOGA Megan					

CYCLE		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:10 AM			CYCLE Karina		CYCLE Adrienne		
	7:00 AM				CYCLE Karina		CYCLE Karina	CYCLE Janene
	8:10 AM							CYCLE Adrienne
	9:10 AM		CYCLE Janene	CYCLE Wendy		CYCLE Janene		
	6:10 PM		CYCLE Farron					
	7:10 PM					CYCLE Farron		

CYCLE-Registration is available online up to 1 week in advance. Arrive early to check in at the Front Desk to receive a disc to confirm your reservation. Download App Audio and bring headphones to be able to fully participate in the class. Water and a towel are also recommended.

Float Fit/FFLOGA-Registration is available online up to 1 week in advance. Arrive at least 5 minutes early to secure your board. Reservations may be given away at class time. Water bottles are encouraged.

Water Classes are located in the following locations: Shallow: Leisure pool lap lanes, Deep: Competition pool deep end, Comp Shallow: Competition pool shallow end

All instructors & formats are subject to change without notice. Some classes may be cancelled or added without notice. For up to date info follow us on Facebook and Instagram.

