

# Spring Break April 2-8th 2023 Fitness Classes

<b>Land Fitness Classes</b>		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:10 AM			<b>Power Tone</b> Andrea	<b>Step &amp; Tone</b> Emily			
	6:10 AM		<b>321Hiit</b> Andrea	<b>Core Fusion</b> Cecilee	<b>HiLo Power</b> Cecilee	<b>Yoga</b> Karina	<b>Power Tone</b> Cecilee	
	7:10 AM							<b>Turbokick</b> Liz
	8:10 AM		<b>Power Tone</b> Torri	<b>Zumba</b> Jessica	<b>MultiStep</b> Liz	<b>HiLo Power</b> Cecilee	<b>Yoga</b> Joani	<b>Power Tone</b> Liz
	9:10AM		<b>Barre</b> Cecilee	<b>Step</b> Kristi	<b>Barre&amp; Pilates</b> Sheri	<b>Zumba</b> Leslie	<b>HiLo Power</b> Kristi	<b>Step</b> Kristi
	9:10AM Gymnasium		<b>Turbokick</b> Jessica				<b>321 Hiit</b> Liz (9am)	<b>Power Tone</b> Katrina D.
	10:10am		<b>Yoga</b> Mandy	<b>Yoga</b> Joani	<b>Tai Chi</b> Connie	<b>Yoga</b> Cecilee	<b>Zumba</b> Tiffany	<b>Zumba</b> Patti
	10:10 AM Gymnasium	<b>Yoga 10:00am Mandy 90 minutes</b>			<b>Power Tone</b> Ericka			
	11:10am		<b>SilverSneakers Classic</b> Christi	<b>SilverSneakers Yoga</b> Joani	<b>SilverSneakers Circuit</b> Sheri	<b>SilverSneakers Yoga</b> Sue	<b>SilverSneakers Classic</b> Christi	<b>Yoga</b> Misty
	12:00pm					<b>Tai Chi</b> Connie		
	5:10pm		<b>Yoga</b> Misty					
	5:30 PM			<b>321Hiit Express</b> Liz				
	6:10 PM		<b>Zumba</b> Katrina C.	<b>Turbokick</b> Liz	<b>Zumba</b> Patti	<b>Power Tone</b> Farron		
	7:10 PM		<b>Step</b> Nikke	<b>Zumba</b> Linda	<b>Pilates</b> Patti	<b>Cardio Pump</b> Patti		
8:10 PM		<b>Pilates</b> Patti	<b>Yoga</b> Megan	<b>Yoga</b> Mandy	<b>Yoga</b> Mandy			
9:10 PM					<b>Zumba</b> Katrina C.			

<b>KIDS</b>		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:15pm		<b>Jammin' kids (ages 5+)</b> Linda	<b>Tai Chi (ages 5+)</b> Connie	<b>Skills &amp; Drills (ages 5+)</b> Christi			

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

<b>CYCLE</b>		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:10 AM			<b>CYCLE</b> Karina		<b>CYCLE</b> Adrienne		
	7:00 AM				<b>CYCLE</b> Karina		<b>CYCLE</b> Karina	<b>CYCLE</b> Janene
	8:10 AM							<b>CYCLE</b> Adrienne
	9:10 AM		<b>CYCLE</b> Emily	<b>CYCLE</b> Linda				
	6:10 PM		<b>CYCLE</b> Farron					
	7:10 PM					<b>CYCLE</b> 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.

# April 2023 Fitness Classes

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	5:10 AM			<b>Power Tone</b> Andrea	<b>Step &amp; Tone</b> Emily				
	6:10 AM		<b>321Hiit</b> Andrea	<b>Core Fusion</b> Cecilee	<b>HiLo Power</b> Jenny	<b>Yoga</b> Jenny	<b>Power Tone</b> Andrea		
	7:10 AM							<b>Turbokick</b> Liz	
	8:10 AM		<b>Power Tone</b> Torri	<b>Zumba</b> Leslie	<b>MultiStep</b> Liz	<b>HiLo Power</b> Jenny	<b>Yoga</b> Joani	<b>Power Tone</b> Liz	
	9:10AM		<b>Barre</b> Cecilee	<b>Step</b> Kristi	<b>Barre&amp; Pilates</b> Sheri	<b>Zumba</b> Leslie	<b>HiLo Power</b> Kristi	<b>Step</b> Kristi	
	9:10AM Gymnasium		<b>Turbokick</b> Jessica				<b>321 Hiit</b> Liz (9am)	<b>Power Tone</b> Wendy	
	10:10am		<b>Yoga</b> Mandy	<b>Yoga</b> Joani	<b>Tai Chi</b> Connie	<b>Yoga</b> Wendy	<b>Zumba</b> Tiffany	<b>Zumba</b> Patti	
	10:10 AM Gymnasium	<b>Yoga</b> <b>10:00am</b> <b>Mandy/</b> <b>Sapientia</b> <b>90 minutes</b>			<b>Power Tone</b> Ericka				
	11:10am		<b>SilverSneakers</b> <b>Classic</b> Christi	<b>SilverSneakers</b> <b>Yoga</b> Joani	<b>SilverSneakers</b> <b>Circuit</b> Sheri	<b>SilverSneakers</b> <b>Yoga</b> Heather	<b>SilverSneakers</b> <b>Classic</b> Andrea	<b>Yoga</b> Staff	
	12:00pm					<b>Tai Chi</b> Connie			
	5:10pm		<b>Yoga</b> Misty						
	5:30 PM			<b>321Hiit Express</b> Liz					
	6:10 PM		<b>Zumba</b> Katrina	<b>Turbokick</b> Liz	<b>Zumba</b> Patti	<b>Power Tone</b> Farron			
	7:10 PM		<b>Step</b> Nikke	<b>Zumba</b> Tiffany	<b>Pilates</b> Patti	<b>Cardio Pump</b> Patti			
	8:10 PM		<b>Pilates</b> Patti	<b>Yoga</b> Megan	<b>Yoga</b> Sapientia	<b>Yoga</b> Mandy			
	9:10 PM					<b>Zumba</b> Katrina			

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	4:15pm		<b>Jammin' kids</b> <b>(ages 5+)</b> Linda	<b>Tai Chi</b> <b>(ages 5+)</b> Connie	<b>Skills &amp; Drills</b> <b>(ages 5+)</b> Christi			

Water Fitness Classes		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	9:00 AM Shallow		<b>Silver Sneakers</b> <b>Splash</b> Christi	<b>Aqua Zumba</b> Linda	<b>Silver Sneakers</b> <b>Splash</b> Steff/Cynthia	<b>Aqua Zumba</b> Linda	<b>Silver Sneakers</b> <b>Splash</b> Cynthia	
	9:00AM Deep		<b>Aqua Tone</b> Julie B.	<b>Interval Training</b> Catharine	<b>Circuit Training</b> Genevieve	<b>Interval Training</b> Catharine/Steff	<b>Cardio Endurance</b> Julie B.	
	10:00 AM Shallow		<b>Strengthen &amp; Tone</b> Christi	<b>Paddleboard</b> Sarah	<b>Strengthen &amp; Tone</b> Steff/Cynthia	<b>Paddleboard</b> Sue/Mandy		
	8:00 PM CompShallow		<b>Power Aquatics</b> Rebecca	<b>Fun Fitness</b> Rebecca	<b>Aqua Zumba</b> Linda	<b>Power Aquatics</b> Rebecca		
9:00 PM Deep			<b>Power Aquatics</b> Kim		<b>30 min Cardio &amp; Core</b> Rebecca			

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	8:10 AM							<b>CYCLE</b> Adrienne
	9:10 AM		<b>CYCLE</b> Janene	<b>CYCLE</b> Wendy		<b>CYCLE</b> Janene		
	6:10 PM		<b>CYCLE</b> Farron					
7:10 PM					<b>CYCLE</b> Farron			

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