



August 20-Sept. 1 2023 Fitness Class Schedule

Land Fitness Classes		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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			Yoga Karina				Turbokick Liz
	8:10 AM		Power Tone Torri	Zumba Leslie	MultiStep Liz	321 Hiit Liz	Yoga Joani	Power Tone Liz
	9:10AM		Barre Cecilee	Step Liz	Barre& Pilates Sheri	Zumba Leslie	HiLo Power Cecilee	Step Kristi
	9:10am Blue Gym		Turbokick Jessica				Power Tone Wendy	
	10:10 AM		Yoga Mandy	Yoga Joani	Tai Chi Connie	Yoga Wendy	Zumba Tiffany	Zumba Patti
	10:10 AM Blue Gym	Yoga			Power Tone Ericka			
	11:10am	10:00am Mandy/Sapientia 90 minutes	SilverSneakers Classic Christi	SilverSneakers Yoga Joani	SilverSneakers Circuit Sheri	SilverSneakers Yoga Heather	SilverSneakers Classic Andrea	
	12:00pm					Tai Chi Connie		
	5:10pm		Yoga Misty					
	6:10 PM		Zumba Katrina C.	321Hiit Katrina D.	Zumba Patti	Power Tone Farron		
	7:10 PM		Step Nikke	Zumba Tiffany	Pilates Patti	Step Melissa		
	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 Blue Gym			

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

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.

September 2-9th 2023 Fitness Classes

Land Fitness Classes		Saturday September 2nd	Sunday/ Monday	Tuesday September 5th	Wednesday September 6th	Thursday September 7th	Friday September 8th	
	5:10 AM		Labor Day No Classes	Power Tone Andrea	Step & Tone Emily			
	6:10 AM			Core Fusion Cecilee <i>Meeting Rooms</i>	HiLo Power Jenny	Yoga Jenny <i>Meeting Rooms</i>		
	7:10 AM	Turbokick Liz		Yoga Karina <i>Meeting Rooms</i>				
	8:10 AM	PowerTone Liz			Step Liz	321 Hiit Liz	Yoga Joani <i>Meeting Rooms</i>	
	9:10AM				Step Liz	Barre & Pilates Sheri <i>Meeting Rooms</i>	HiLo Power Cecilee	
	10:10 AM				Yoga Joani <i>Meeting Rooms</i>	Tai Chi Connie <i>Meeting Rooms</i>	Yoga Wendy <i>Meeting Rooms</i>	
	10:10 AM	Zumba Patti				Power Tone Erica	PowerTone Wendy	
	11:10am				SilverSneakers Yoga Joani <i>Meeting Rooms</i>	SilverSneakers Circuit Sheri <i>Meeting Rooms</i>	SilverSneakers Yoga Heather <i>Meeting Rooms</i>	SilverSneakers Classic Andrea <i>Meeting Rooms</i>
	12:00pm						Tai Chi Connie <i>Meeting Rooms</i>	
	5:10pm							
	6:10 PM					Zumba Patti	Power Tone Farron	
	7:10 PM					Pilates Patti <i>Meeting Rooms</i>	Step Melissa	
8:10 PM					Yoga Sapientia <i>Meeting Rooms</i>			

KIDS		Sunday/ Monday	Tuesday September 5th	Wednesday September 6th	Thursday September 7th	Friday September 8th
	4:15pm	Labor Day	Tai Chi (ages 5+) Connie <i>Meeting Rooms</i>	Skills & Drills (ages 5+) Christi		

Water Fitness Classes

	Saturday September 2nd	Monday September 4th				
5:00 AM Deep		X-Challenge Lavinia				
6:00 AM Shallow		Push-it Louise				
8:00 AM Shallow	Aqua Zumba w/ Linda		Water Fitness Classes will Resume Monday September 18th After our Annual Pool Cleaning			

CYCLE		Saturday September 2nd	Sunday/ Monday	Tuesday September 5th	Wednesday September 6th	Thursday September 7th	Friday September 8th
	6:10 AM		Labor Day	CYCLE Karina		CYCLE Adrienne	
	7:00 AM	CYCLE Janene			CYCLE Karina		CYCLE Karina
	8:10 AM						
	9:10 AM			CYCLE Wendy		CYCLE Janene	
	6:10 PM						
	7:10 PM						CYCLE Farron

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ALL CLASSES are in the GYM unless noted otherwise.

The **CHILDCARE** will NOT be available during the evening classes this week