


March Fitness Class Schedule

Land Fitness Classes		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	5:10		Strong Yoga Megan	PowerTone Andrea	Step & Tone Emily				
	6:10		321Hiit Andrea	Core Fusion Racheal	HiLo Power Jenny	Yoga Jenny N.	PowerTone Andrea		
	7:10			Yoga Karina				Turbokick Katrina D./ Staff	
	8:10		Power Tone Torri	Zumba Leslie	MultiStep Emily	321 Hiit Liz H.	Yoga Joani	PowerTone Liz H.	
	9:10AM		Turbokick Jessica	Step Nicole	BarrePilates Sheri	Zumba Leslie	HiLo Power Nicole	Step Kristi	
	9:10am <i>Blue Gym</i>			Recsanity Wendy <i>30 minutes</i>		Recsanity Jenny N. <i>30 minutes</i>	PowerTone Wendy		
	10:10		Yoga Mandy	Yoga Joani	Tai Chi Connie	Yoga Wendy	Zumba Tiffany	Zumba Patti	
	10:10 AM. <i>Blue Gym</i>	Yoga 10:00am Mandy/Sapientia 90 minutes			PowerTone Ericka				
	11:10am		SilverSneakers Classic Christi	SilverSneakers Yoga Joani	SilverSneakers Circuit Sheri	SilverSneakers Yoga Heather	SilverSneakers Classic Emily	Yoga Staff	
	12:00pm					Tai Chi Connie			
	5:10pm		Yoga Jenny S.						
	6:10 PM		Zumba Katrina C.	321Hiit Katrina D.	Zumba Patti	PowerTone 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 C.			

KIDS		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:15pm		Jammin' kids (ages 5+) Linda	Fitness Fun (ages 5+) Melissa (30minutes)	Skills & Drills (ages 5+) Christi			

Water Fitness Classes		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 AM Deep		X-Challenge Lavinia	Go the Distance Louise	Aqua Fit Staff	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 Linda	Hi Lo H2O Julie T.	Aqua Boot Camp Karina	
	9:00AM Deep		Aqua Tone Liz Starts at 9:10am	Interval Training Catharine	Circuit Training Genevieve	Interval Training Steff/ Liz	Cardio Endurance Annie.	
	9:00AM Shallow		SilverSneakers Splash Christi	Aqua Zumba Linda	SilverSneakers Splash Steff/Cynthia	Aqua Zumba Linda	SilverSneakers Splash Cynthia	
	10:00 AM Shallow		Strengthen & Tone Christi	Float Fit Wendy	Strengthen & Tone Steff/Cynthia	Float Fit Sue/Annie	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		
	9:15 PM Shallow			Float Fit Jenny S.				

CYCLE 		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:10			CYCLE Karina		CYCLE Adrienne		
	7:00				CYCLE Karina		CYCLE Karina	CYCLE Janene
	8:10			CYCLE Linda Starts at 8am				CYCLE Adrienne
	9:10		CYCLE Janene				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. Reservations void at the start of class. 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.