







## Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Balance and Recovery</b> 9:00 am Shannon ●	<b>Core Strength &amp; Flexibility</b> 9:00 am Steven ●	<b>Spin Class</b> 5:45 am Dora ◆	<b>Yoga</b> 5:45 am Dora ▲	<b>Spin Class</b> 5:45 am Dora ◆		
<b>Healthy Back</b> 10:00 am David ●	<b>Dynamic Movement Circuit</b> 10:00 am Steven ◆	<b>Physio Barre</b> 8:00 am Shannon ▲	<b>Core Strength &amp; Flexibility</b> 9:00 am Steven ●	<b>Pilates (Core Strength)</b> 9:00 am Thiem ●	<b>POP Pilates</b> 9:00 am Leah ▲	
	<b>Healthy Heart &amp; Bones</b> 1:30 pm Michael ●	<b>Cardio &amp; Strength Circuit</b> 9:00 am David ▲	<b>Dynamic Movement Circuit</b> 10:00 am Steven ◆		<b>Stretch into Relaxation</b> 11:30 PM Michael ●	
<b>Yoga</b> 6:30 pm Meg ▲	<b>Total Body Sculpt</b> 5:30 pm Isabel ◆	<b>Healthy Back</b> 10:00 am David ●	<b>Strength H.I.I.T.</b> 5:30 pm Isabel ▲	<b>ZUMBA®</b> 5:30 pm Nancy/Wendy ▲		
	<b>ZUMBA®</b> 6:30 pm Wendy ▲		<b>ZUMBA®</b> 6:30 pm Nancy ▲			<b>New Class!</b>

## Warm Water Pool

	<b>Aqua Strength</b> 7:00 am David ▲	<b>Aqua Strength</b> 7:00 am David ▲	<b>Aqua Strength</b> 7:00 am Steven ▲		<b>Aqua Cardio</b> 9:30 am David ▲	
 <b>Reserved for CHOMP</b> 8:30am -12:00 pm	 <b>Reserved for CHOMP</b> 1:00 pm -5:00 pm	 <b>Reserved for CHOMP</b> 8:30am -12:00 pm	 <b>Reserved for CHOMP</b> 1:00 pm -5:00 pm		<b>Aqua Dynamics</b> 10:30 am David ▲	
	<b>Aqua Dynamics</b> 5:30 pm Teresita ▲		<b>Aqua Zumba</b> 5:30 pm Wendy ▲			
	<b>Aqua Cardio</b> 6:30 pm Teresita ▲		<b>Aqua Dynamics</b> 6:30 pm Teresita ▲			

All classes 45 mins














- Low Intensity
- ▲ Intermediate
- ◆ High Intensity

### Fitness Center Hours




Monday-Thursday 5:30am - 9:00pm  
Friday 5:30am - 8:00pm  
Saturday-Sunday 8:00am - 4:00pm



## Functional Training Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Training</b> 5:45 am David 	 5:45 AM David 	<b>Group Training</b> 5:45 am David 	 5:45 AM Jason 			
				<b>Group Training</b> 9:30 am Steven 	 10:00 AM Michael 	
		 5:30 PM Jason 		 5:30 PM Anthony 		

All classes 45 mins

-  Low Intensity
-  Intermediate
-  High Intensity

Fitness Center Hours

Monday-Thursday 5:30am - 9:00pm  
 Friday 5:30am - 8:00pm  
 Saturday-Sunday 8:00am - 4:00pm