















## Group Fitness Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Group Personal Training</b> 5:30 am Reny		<b>Group Personal Training</b> 5:30 am Reny			
<b>Core Balance</b> 9:00 am Karlee	 <b>Reserved for CHOMP</b> 10:00 - 10:45 am	<b>Breathe &amp; Stretch</b> 9:00 am Thiem	 <b>Reserved for CHOMP</b> 10:00 - 10:45 am	 <b>Reserved for CHOMP</b> 9:30 - 10:30 am	<b>Group Personal Training</b> 8:00 am Valerie	<b>Group Personal Training</b> 8:00 am Valerie
	 <b>Reserved for CHOMP</b> 12:30 - 1:15 pm	<b>Tai Chi (Functional Balance)</b> 10:00 am Thiem	 <b>Reserved for CHOMP</b> 12:30 - 3:15 pm		<b>ZUMBA</b> 10:00 am Aileen	<b>ZUMBA</b> 10:00 am Nancy
 <b>Reserved for CHOMP</b> 11:30-12:30 pm	 <b>Reserved for CHOMP</b> 2:30 - 3:15 pm	<b>Senior Cardio (Circulation)</b> 11:00 am Thiem	<b>Boxing for Balance</b> 3:30 pm Kellie		<b>Yin Yoga</b> 11:30 am Aileen	
		 <b>Reserved for CHOMP</b> 1:30 - 2:30 pm	<b>All Abs</b> 4:45pm Karlee	 <b>Reserved for CHOMP</b> 2:00 - 4:00 pm		
<b>Bells &amp; Bands</b> 5:30 pm Pamela	<b>All Abs</b> 4:45 pm Natalia	<b>Group Personal Training</b> 3:00 pm Valerie	<b>Swiss Ball (Body Pump)</b> 5:30 pm Thiem	<b>ZUMBA</b> 5:45 pm Aileen		<b>Fee Based Class</b>
<b>ZUMBA</b> 6:30 pm Aileen	<b>Kickboxing</b> 6:30 pm Natalia	<b>Bootcamp</b> 5:30 pm Valerie	<b>Cardio Strength Circuit</b> 6:30 pm Karlee			<b>New Class</b>
		<b>ZUMBA</b> 6:30 pm Connie				

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



## Group Fitness Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Indoor Cycling</b> 6:00 am Sandy <span style="color: red;">◆</span>		<b>Indoor Cycling</b> 6:00 am Mary <span style="color: red;">◆</span>		<b>Indoor Cycling</b> 8:15 am Maria <span style="color: red;">◆</span>	
<b>Pilates for Strength</b> 9:00 am Thiem <span style="color: green;">●</span>	<b>Seated Mobility</b> 8:30 am Thiem <span style="color: green;">●</span>		<b>Healthy Bones</b> 9:00 am Thiem <span style="color: green;">●</span>	<b>Breathe &amp; Stretch</b> 9:00 am Shannon <span style="color: green;">●</span>		<b>Pilates (Flexibility &amp; Strength)</b> 9:00 am Thiem <span style="color: green;">●</span>
<b>Yoga (Strength/Balance)</b> 10:00 am Dawn <span style="color: yellow;">▲</span>	<b>Spring Board Private Training</b> 9:30 am Thiem		<b>Neuro Movement</b> 10:00 am Thiem	<b>Healthy Back</b> 10:30 am Pamela <span style="color: green;">●</span>		<b>Balance &amp; Recovery</b> 10:00 am Thiem <span style="color: green;">●</span>
	<b>Reserved Survivorship Group</b> 10:30 - 11:30 am	<b>Senior Speed Circuit</b> 12:00 pm Marisa <span style="color: yellow;">▲</span>	<b>Neuro Movement</b> 11:00 am Thiem	<b>Core Balance</b> 11:30 am Valerie <span style="color: green;">●</span>		<b>Senior Cardio (Coordination)</b> 11:00 am Thiem <span style="color: green;">●</span>
<b>Senior Speed Circuit</b> 2:00 pm Avery <span style="color: yellow;">▲</span>	<b>BANDit</b> 11:30 am Marisa <span style="color: yellow;">▲</span>	<b>Core Balance</b> 12:45 pm Marisa <span style="color: green;">●</span>	<b>Stretch</b> 1:00 pm Natalia <span style="color: green;">●</span>			
<b>Senior Stretch</b> 2:45 pm Avery <span style="color: green;">●</span>	<b>Stretch</b> 12:15 pm Marisa <span style="color: green;">●</span>		<b>Senior Bootcamp</b> 2:30 pm Allisyn <span style="color: red;">◆</span>			
<b>Power Core Pilates</b> 5:30 pm Thiem <span style="color: yellow;">▲</span>	<b>Senior Bootcamp</b> 2:30 pm Allisyn <span style="color: red;">◆</span>	<b>Hard Core Pilates (Muscle Tone)</b> 5:30 pm Thiem <span style="color: yellow;">▲</span>	<b>Yoga (Flow)</b> 5:30 pm Meg <span style="color: yellow;">▲</span>			<b>Fee Based Class</b> <hr/>
<b>Indoor Cycling</b> 6:45 pm Pamela <span style="color: red;">◆</span>	<b>Yoga (Flow)</b> 5:30 pm Meg <span style="color: yellow;">▲</span>	<b>Indoor Cycling</b> 6:45 pm Pamela <span style="color: red;">◆</span>	<b>Yin Yoga</b> 6:30 pm Meg <span style="color: yellow;">▲</span>			<b>New Class</b> <hr/>
	<b>Yin Yoga</b> 6:30 pm Meg <span style="color: yellow;">▲</span>					

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



## Warm Water Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>Reserved for CHOMP</b> 8:30a -12:00p	<b>Aqua Dynamics</b> 10:45 am Allisyn 	 <b>Reserved for CHOMP</b> 8:30a -12:00p	<b>Aqua Dynamics</b> 10:45 am Allisyn 	 <b>Reserved for CHOMP</b> 8:30a -12:00p	<b>Aqua Motion</b> 9:15 am Thiem 	
	 <b>Reserved for CHOMP</b> 1:00pm -5:00 pm		 <b>Reserved for CHOMP</b> 1:00pm -5:00 pm			
<b>Aqua Strength</b> 6:00 pm Cristian 	<b>Aqua Cardio</b> 6:00 pm Cristian 	<b>Aqua Strength</b> 6:30 pm Natalia 				

All classes 45 mins

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-  High Intensity

Fitness Center Hours

Monday-Thursday 5:30am - 9:00pm

Friday 5:30am - 8:00pm

Saturday-Sunday 8:00am - 4:00pm