

SPRING 2021 FITNESS CLASSES

Session 2 · Apr 26 – Jun 13, 2021

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9AM		·Deep H20		·Deep H20		·Super-sweat	·RIP
9:30AM	·Morning Mix		·Morning Mix		·Morning Mix		
10:30AM		·Yoga					·Beginner Yoga
11:15AM	·Arthritics	*Strong Moms (speciality)	·Arthritics		·Arthritics		
12:10PM	·Kettlebell Blast ·Aquacise ·Fit-Swim	·HIIT Deep H20	·Cardio Flow ·Aqua-Flow ·Fit-Swim	·RIP *SUP-FIT (speciality)	·Spin		
5:15PM	·Spin	·Zumba	·BOSU-Fit	Step & Tone			
6:15PM	Total Body Toning	·Transform	·Core & More	·Insanity	FITNESS HOURS		
7:15PM	·Aquacise		·Aquacise		Mon-Fri: 6:00am-8:00pm Sat-Sun: 7:00am-2:00pm		

LEGEND

Deep H20: Deep end competition pool.
Afternoon Aqua Classes: Lower leisure pool.
Arthritics: Lower leisure pool.
Evening Aquacise: Shallow end competition pool.
Spin: MPR aerobic studio.
MPR Classes: MPR aerobic studio.
Fit-Swim: Competition pool.



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