

WINTER 2021

FITNESS CLASSES

Session 1 - Jan 4 – Feb 28, 2021

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7AM						·Fit-Swim (7:00am) ·Fit-Swim (8:00am)	
9AM		·Deep H20		·Deep H20		·Supersweat	·RIP
9:30AM	·Morning Mix		·Morning Mix		·Morning Mix		
10:30AM		·Yoga					·Beginner Yoga
11:15AM	·Arthritics		·Arthritics		·Arthritics		
12:10PM	·Mobility ·Aquacise ·Fit-Swim	·HIIT	·Cardio Blast ·Aqua-Tabata ·Fit-Swim	·DB Circuit	·Core & More		
5:15PM	·Spin	·Zumba	·Mindful Movement	·Exploring Yoga	·Zumba		
6:15PM	·Buns & Guns	·Insanity	·Core & More	·Fit-Swim (6:00pm) ·Transform	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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