

FALL 2020

FITNESS CLASSES

Christmas Week Schedule - Dec 21 – 23

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7AM				<p>Annual Maintenance Shutdown</p> <p>The facility will be closed from December 24th to January 3rd.</p> <p>We will reopen at 6:00am on January 4th, 2021.</p> <p>Happy Holidays!</p>			
9AM		·Deep H20					
9:30AM	·Morning Mix		·Morning Mix				
10:30AM		·Yoga					
11:15AM	·Arthritics		·Arthritics				
12:10PM	·Have a Ball ·Aquacise	·Metabolic Melt	·Cardio Blast ·Aqua-Tabata				
5:15PM	·Transform	·Zumba					
6:15PM				FITNESS HOURS			
7:15PM				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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