

GYM & CLASS SCHEDULE Starting September 9th



9:00am – 3:45am
OPEN GYM

**This
Schedule
Subject to
Change
Without
Notice**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00am OPEN GYM	5:00-6:00am OPEN GYM	5:00-9:00am OPEN GYM	5:00-9:00am GYM CLOSED	5:00-6:00am OPEN GYM		<p>7:00 -7:45am OPEN GYM</p> <p>8:00-9:00am Cardio Fusion w/Arlene</p>
6:00-7:00am STUDIO Group Cycling w/ Pam	6:15-7:15am Barre-Lates w/ Arlene		6:00-7:00am STUDIO Group Cycling w/ Donna	6:15-7:15am Barre-Lates w/ Arlene		
8:15-10:15am Pickle Ball	9:00 - 10:00 STUDIO Salsa w/ Sue		5:00-9:00am GYM CLOSED	7:30-10:15 am OPEN GYM		
		9:00-9:45am Total Body Sculpt w/Sue	9:00-10:00 am Salsa w/Sue STUDIO		8:30-9:30am STUDIO Yoga w/ Annette	
9:00-10:15am STUDIO Yoga w/ Annette	7:30-10:45am OPEN GYM	10:00-11:00am STUDIO K.I.S.S. of Sunshine w/ Arlene	10:00-10:30am STUDIO Line Dancing w/Kristal	9:00-10:00am STUDIO Total Body Sculpt w/Sue	10:00am-3:45pm OPEN GYM	
10:15-10:45am OPEN GYM		10:00-10:45am OPEN GYM	10:00-1:00pm Gym CLOSED For UPK	10:15-10:45am OPEN GYM		
11:00-12:00pm Silver Sneakers Circuit	11:00-11:30pm Balance	11:00-12:00pm Silver Sneakers		11:00-12:00pm Chair Yoga	<p>Children under age 12 MUST be accompanied by an ADULT AT ALL TIMES</p> <p>OPEN GYM 14 YEARS OR OLDER OR ACCOMPANIED BY AN ADULT</p> <p>No One Under Age 18 Allowed in Adult Locker Rooms</p>	
12:00 – 2:30pm OPEN GYM	11:30 – 2:30pm OPEN GYM	12 – 1:30 35+ y/o 1:30- 2:30 20-35 y/o Adult Pick up B-Ball	1:00 – 2:30pm OPEN GYM	12:15-2:15pm Pickle Ball		
2:30-6:00pm Gym CLOSED For Afterschool	2:30-5:45pm Gym CLOSED For Afterschool	2:30-5:45pm Gym CLOSED For Afterschool	2:30-5:45pm Gym CLOSED For Afterschool			
5:30-6:30am STUDIO Indoor Cycling w/Ellen	6:00-6:45 pm TRX and More w/Tif	5:30-6:30pm STUDIO Pilates w/Ellen	5:45-6:30pm Zumba w/ Kristal	2:30 – 6:00pm Gym CLOSED For Afterschool		
6:45-7:25pm Mix It Up Mondays w/Arlene	6:30-8:45pm OPEN GYM	6:00 - 9:00pm Gym CLOSED For Gymnastics	6:00-8:45pm OPEN GYM	6:00 – 7:00 pm OPEN GYM		
7:30-8:45 OPEN GYM						

POOL SCHEDULE Starting September 9th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-8:30am Lap Swim	5:45-8:30am Lap Swim	5:45-8:30am Lap Swim	5:45-9:15am Lap Swim	5:45-8:30am Lap Swim		
8:30-10:00am ½ Lap & ½ Open	8:30-10:00am ½ Lap & ½ Open	8:30-10:00am ½ Lap & ½ Open	9:15-9:45 am POOL & HOTTUB CLOSED FOR UPK	8:30-10:00am ½ Lap & ½ Open	7:00-11:00 am Lap Swim	9:00-3:45am ½ Lap & ½ Open
10:00 -10:50am Deep Water w Marcia	10:00-10:50am Aqua HIIT w Tracy	10:00-10:50am Aqua Zumba w Kristal	10:00-10:50am Aqua HIIT w Tracy	10:00 -10:50am Deep Water w Marcia		
11:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	11:15-3:45pm Open Swim	<p>This Schedule Subject to Change Without Notice</p>
1:30-5:00pm Open Swim One Lap Lane Available	1:30-3:30pm Open Swim One Lap Lane Available	1:30-4:00pm Open Swim One Lap Lane Available	1:30-2:00pm POOL & HOTTUB CLOSED FOR UPK	1:30-6:45pm Open Swim One Lap Lane Available	<p>Children Under age 12 must be supervised.</p> <p>Children in bubbles must be accompanied by a parent in the pool</p> <p>ONE Lap Lane Available</p>	
			2:00 -4:00pm Open Swim One Lap Lane Available			
5:00 – 6:30pm POOL & HOTTUB CLOSED Gator Swim Team	3:30 – 5:00 POOL & HOTTUB CLOSED FOR AFTER SCHOOL	4:00 – 5:00 PM POOL & HOTTUB CLOSED FOR AFTER SCHOOL	4:00 – 5:00 PM POOL & HOTTUB CLOSED FOR AFTER SCHOOL	5:00 – 6:30pm POOL & HOTTUB CLOSED Gator Swim Team		
	6:30- 7:30 pm Aqua HIIT w Tracy	5:00 pm -7:00 pm POOL & HOTTUB CLOSED FOR SWIM LESSONS	5:00 – 6:30 PM POOL & HOTTUB CLOSED Gator Swim Team	5:00 pm -7:00 pm POOL & HOTTUB CLOSED FOR SWIM LESSONS		
6:30- 7:30 pm Aqua HIIT w Tracy						
7:30-8:45pm ½ Lap & ½ Open	7:00-8:45pm ½ Lap & ½ Open	7:30-8:45pm ½ Lap & ½ Open	7:00-7:45pm ½ Lap & ½ Open			

