

GYM & CLASS SCHEDULE

July 1st – September 1st, 2024



**This
Schedule
Subject to
Change
Without
Notice**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00am GYM CLOSED	5:00-6:00am GYM CLOSED	5:00-9:00am GYM CLOSED	5:00-9:00am GYM CLOSED	5:00-6:00am GYM CLOSED		9:00am – 11:45am GYM CLOSED
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	7:30-10:45am GYM CLOSED		5:00-9:00am GYM CLOSED	7:30-10:15 am GYM CLOSED	7:00 -7:45am GYM CLOSED	
	8:00-9:00am STUDIO Yoga w/ Lisa	9:00-9:45am Total Body Sculpt w/Sue	9:00-9:45 am Salsa w/Sue		8:00-9:00am Cardio Fusion w/Arlene	
9:00-10:15am STUDIO Yoga w/ Annette	9:00 - 10:00 STUDIO Salsa w/ Sue	10:00-11:00am STUDIO K.I.S.S. of Sunshine w/ Arlene	10:00-10:30am Line Dancing w/Kristal	9:00-9:45am STUDIO Total Body Sculpt w/Sue	8:30-9:30am STUDIO Yoga w/ Annette	
10:15-10:45am GYM CLOSED	GYM CLOSED	10:00-10:45am GYM CLOSED	10:30-12:00pm GYM CLOSED	10:15-10:45am GYM CLOSED	10:00am-1:45pm GYM CLOSED	
11:00-12:00pm Silver Sneakers Circuit	11:00-11:30pm Balance	11:00-12:00pm Silver Sneakers		11:00-12:00pm Chair Yoga		Children under age 12 MUST be accompanied by an ADULT Non Members UNDER age 18 Are not allowed in the Weight Room No One Under Age 18 Allowed in Adult Locker Rooms
12:00-5:30pm GYM CLOSED FOR SUMMER CAMP	12:00-5:30pm GYM CLOSED FOR SUMMER CAMP	12:00-5:30pm GYM CLOSED FOR SUMMER CAMP	12:00-5:30pm GYM CLOSED FOR SUMMER CAMP	12:15-2:15pm Pickle Ball		
5:30-6:30pm STUDIO Indoor Cycling w/Ellen	5:30-6:30 pm TRX and More w/Tif	5:30-6:30pm STUDIO Pilates w/Ellen	5:30-6:30pm STUDIO Yoga w/Nancy ***NEW***	2:15 – 4:00pm GYM CLOSED		
5:45-6:30pm Strong Nation w/ Kristal	6:30-7:45pm GYM CLOSED	5:30-7:45pm GYM CLOSED	6:00-7:45pm GYM CLOSED	4:00-5:30pm GYM CLOSED FOR SUMMER CAMP		
6:45-7:25pm Mix It Up Mondays w/Arlene						
7:30-7:45 GYM CLOSED						



POOL SCHEDULE

July 1st – September 1st, 2024

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	5:45-8:30am 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	8:30-10:00am ½ Lap & ½ Open	8:30-10:00am ½ Lap & ½ Open	7:00-11:00 am Lap Swim	9:00-11:45am 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	11:15-1:45pm Open Swim	<p style="text-align: center;">This Schedule Subject to Change Without Notice</p>
1:00-4:00pm CLOSED FOR SUMMER CAMP	1:00-4:00pm CLOSED FOR SUMMER CAMP	1:00-4:00pm CLOSED FOR SUMMER CAMP	1:00-4:00pm CLOSED FOR SUMMER CAMP	1:30-5:45pm Open Swim One Lap Lane Available	Children Under age 12 must be supervised.	
4:00-5:00pm Open Swim One Lap Lane Available	4:00-6:00pm Open Swim One Lap Lane Available	4:00-5:00pm Open Swim One Lap Lane Available	4:00-6:00pm Open Swim One Lap Lane Available		Children in bubbles must be accompanied by a parent in the pool	
5:00-7:00pm Open Swim ***For now, may be replaced with swim lessons, TBD***		6:00-7:00pm Aqua HITT w/ Tracy	5:00-7:00pm Open Swim ***For now, may be replaced with swim lessons, TBD***	6:00-7:00pm Aqua HITT w/ Tracy	ONE Lap Lane Available	
7:00-7:45pm ½ Lap & ½ Open	7:00-7:45pm ½ Lap & ½ Open	7:00-7:45pm ½ Lap & ½ Open	7:00-7:45pm ½ Lap & ½ Open			