

# GYM & CLASS SCHEDULE Starting September 9<sup>th</sup>



9:00am – 3:45am  
OPEN GYM

**This  
Schedule  
Subject to  
Change  
Without  
Notice**

Children under age 12  
MUST be accompanied  
by an ADULT AT ALL  
TIMES

OPEN GYM  
14 YEARS OR OLDER  
OR ACCOMPANIED BY  
AN ADULT

No One Under Age 18  
Allowed in Adult  
Locker Rooms

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	7:00 -7:45am OPEN GYM	9:00am – 3:45am OPEN GYM
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 Salsa w/ Sue		5:00-9:00am GYM CLOSED	7:30-10:15 am OPEN GYM		
9:00-10:15am STUDIO Yoga w/ Annette	7:30-10:45am OPEN GYM	9:00-9:45am Total Body Sculpt w/Sue	9:00-10:00 am Salsa w/Sue STUDIO	9:00-10:00am STUDIO Total Body Sculpt w/Sue	8:00-9:00am Cardio Fusion w/Arlene	9:00am – 3:45am OPEN GYM
10:15-10:45am OPEN GYM		10:00-11:00am STUDIO K.I.S.S. of Sunshine w/ Arlene	10:00-10:30am STUDIO Line Dancing w/Kristal		10:15-10:45am OPEN GYM	
11:00-12:00pm Silver Sneakers Circuit	11:00-11:30pm Balance	11:00-12:00pm Silver Sneakers	10:00-1:00pm Gym CLOSED For UPK	11:00-12:00pm Chair Yoga	Children under age 12 MUST be accompanied by an ADULT AT ALL TIMES	9:00am – 3:45am OPEN GYM
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	2:30-6:00pm Gym CLOSED For Afterschool	2:30-6:00pm Gym CLOSED For Afterschool	2:30-6:00pm 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	6:00-6:45pm Zumba w/ Kristal	2:30 – 6:00pm Gym CLOSED For Afterschool	No One Under Age 18 Allowed in Adult Locker Rooms	9:00am – 3:45am OPEN GYM
6:45-7:25pm STUDIO Mix It Up Mondays w/Arlene	7 :00-8:45pm OPEN GYM w/ Ray	6:00 - 9:00pm Gym CLOSED For Gymnastics	6:30-7:30 pm STUDIO BOXING w/ Ray	6:00 – 7:00 pm OPEN GYM		
7:30-8:45 OPEN GYM			7:30 – 8:45 pm OPEN GYM w/ Ray			

# POOL SCHEDULE Starting September 9<sup>th</sup>

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

