

GYM & CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-8:00am OPEN GYM	5:00am-6:00am OPEN GYM	5:00am-9:00am OPEN GYM	5:00am-9:00am OPEN GYM	5:00am-6:00am OPEN GYM	7:00am-7:45am OPEN GYM	9:00am-3:45pm OPEN GYM
6:00am-7am STUDIO Cycling w/Pam	6:15am-7:15am Barre-Lates W/ Arlene		6:00am-7:00am STUDIO Cycling w/Donna	6:15am-7:15am Barre-Lates W/ Arlene		
8:15am-10:15am Pickleball	7:15am-8:45am OPEN GYM		9:00am-10:00am Salsa w/ Sue	7:30am-9:50am Pickleball		
	9:00am-10am Salsa w/ Sue	9:00am-9:45am TBS w/ Sue	10:00am-10:30am STUDIO Line Dance w/Kristal		8:30am-9:30am STUDIO Yoga w/ Annette	
9:00am-10:15am STUDIO Yoga W/ Annette	9:00am-10am STUDIO Yoga w/ Lisa	10:00am-11am STUDIO KISS of Sunshine w/Arlene	10:00am-1pm UPK Program	10am-10:45am TBS w/ Sue	9:15am-3:45pm OPEN GYM	
10:15am-10:45am OPEN GYM	10:00am-10:45am OPEN GYM	10:00am-10:45am OPEN GYM	1:00pm-2:15pm OPEN GYM			
11:00am-12pm Silver Sneakers Cricut	11:00am-11:30am Balance	11:00am-12:00pm Silver Sneakers	2:15pm-6:00pm Childcare	11:00am-12:00pm Chair Yoga	<p style="text-align: center;">OPEN GYM DETAILS</p> <p style="text-align: center;">Children under age 12 MUST be accompanied by an ADULT at all times</p> <p style="text-align: center;"><i>17 and under please use boys/girls locker rooms</i></p> <p style="text-align: center;">THIS SCHEDULE IS SUBJECT TO CHANGE</p> <p style="text-align: center;">Updated 10/22</p>	
12:00pm-2:15pm OPEN GYM	11:30am-2:15pm OPEN GYM	12:00pm-2:00pm Pickleball		12:15pm-2:15pm Pickleball		
2:15pm-6:00pm Childcare	2:15pm-6:00pm Childcare	2:15pm-6:00pm Childcare				
5:30pm-6:30pm STUDIO Cycling w/Ellen	6:00pm-6:45pm TRX & More w/ Tif	5:30pm-6:30pm STUDIO Pilates w/ Ellen	6:00pm-6:45pm Zumba w/ Kristal	2:15pm-6:00pm Childcare		
6:45pm-7:25pm STUDIO Mix It Up w/Arlene	7:00pm-8:45pm OPEN GYM W/ Ray	6:00pm-8:45pm OPEN GYM	6:30pm-7:30pm STUDIO Boxing w/ Ray	6:00pm-7:00pm OPEN GYM		
7:30pm-8:45pm OPEN GYM			7:00pm-8:45pm OPEN GYM w/ Ray			

POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-9:45am ½ Lap & ½ Open	5:45-8:15am Lap Swim	5:45- 9:00 am Lap Swim	5:45-8:15 am Lap Swim	5:45-8:15 am Lap Swim		
	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	6:45-3:45pm ½ Lap & ½ Open	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	12:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	Children Under age 12 must be supervised.	
1:00-2:00 pm Closed for Maintenance	1:00-2:00 pm Closed for Maintenance	1:00-2:00 pm POOL & HOTTUB CLOSED FOR UPK	1:00-2:00 pm Closed for Maintenance	1:00-2:00 pm Closed for Maintenance		Children in bubbles must be accompanied by a parent in the pool
2:0pm – 4:45pm Open Swim 1 Lap Lane Open	2:00 – 3:30 pm Open Swim 1 Lap Lane Open	2:00 – 3:30 pm Dundee Swim Only	2:00 – 3:30 pm Open Swim 1 Lap Lane Open	2:00pm – 4:45pm Open Swim 1 Lap Lane Open		
	3:30 pm -4:45 pm Afterschool Kids ONLY	3:45 pm -5:00 pm Afterschool Kids ONLY	3:45 pm -5:00 pm Afterschool Kids ONLY			
5:00 – 6:30pm Gator Swim Team ONLY	5:00 pm – 7:00 pm Swim Lessons ONLY	5:00 – 6:30 PM Gator Swim Team ONLY	5:00 pm – 7:00 pm Swim Lessons ONLY	5:00 – 6:30pm Gator Swim Team ONLY		
6:30- 7:30 pm Aqua HIIT w Tracy		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	7:00-8:45pm ½ Lap & ½ Open			