

# DECEMBER SCHEDULE



- Monday–Thursday 6 a.m.–7 p.m. & Friday–Sunday 6 a.m.–6 p.m. | Classes \$20/guest & \$16/member
- Pool closed daily 10 – 10:30 a.m. for cleaning and closed 8:30–10 a.m. on days that our Aqua Tone Class is offered
- Family swim is 12 p.m. to close daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 8 a.m.   Core Strong Instructor: Rose 8:30 a.m.   Aqua Fit Instructor: Audrey 9:15 a.m.   Fusion Spin Instructor: Pauline 12 p.m.   Healing Stretch Instructor: Macy	<b>2</b> 8 a.m.   Circuit Training Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yogalates Instructor: Rose 11 a.m.   Gentle Yoga Instructor: Pauline	<b>3</b> 8:30 a.m.   Aqua Fit Instructor: Audrey 9:15 a.m.   Yoga Instructor: Pauline 10:30 a.m.   Fusion Spin Instructor: Pauline	<b>4</b> 8 a.m.   Circuit Training Instructor: Jen 9:15 a.m.   Pilates Instructor: Jen 11 a.m.   Beginner Strength Instructor: Macy 12 p.m.   Healing Stretch Instructor: Macy	<b>5</b> 8 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yoga Instructor: Pauline	<b>6</b> 8:30 a.m.   Aqua Fit Instructor: Audrey
<b>8</b> 8 a.m.   Core Strong Instructor: Rose 8:30 a.m.   Aqua Fit Instructor: Audrey 9:15 a.m.   Fusion Spin Instructor: Pauline 12 p.m.   Healing Stretch Instructor: Macy	<b>9</b> 8 a.m.   Circuit Training Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yogalates Instructor: Rose 11 a.m.   Gentle Yoga Instructor: Pauline	<b>10</b> 8:30 a.m.   Aqua Fit Instructor: Audrey 9:15 a.m.   Yoga Instructor: Pauline 10:30 a.m.   Fusion Spin Instructor: Pauline	<b>11</b> 8 a.m.   Circuit Training Instructor: Jen 9:15 a.m.   Pilates Instructor: Jen 11 a.m.   Beginner Strength Instructor: Macy 12 p.m.   Healing Stretch Instructor: Macy	<b>12</b> 8 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yoga Instructor: Pauline	<b>13</b> 8:30 a.m.   Aqua Fit Instructor: Audrey
<b>15</b> 8 a.m.   Core Strong Instructor: Rose 8:30 a.m.   Aqua Fit Instructor: Audrey 9:15 a.m.   Fusion Spin Instructor: Pauline 12 p.m.   Healing Stretch Instructor: Macy	<b>16</b> 8 a.m.   Circuit Training Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yogalates Instructor: Rose 11 a.m.   Gentle Yoga Instructor: Pauline	<b>17</b> 8 a.m.   Body Tone Instructor: Viviana 8:30 a.m.   Aqua Fit Instructor: Audrey 9:15 a.m.   Yoga Instructor: Pauline 10:30 a.m.   Fusion Spin Instructor: Pauline	<b>18</b> 8 a.m.   Circuit Training Instructor: Viviana 9:15 a.m.   Pilates Instructor: Jen 11 a.m.   Beginner Strength Instructor: Macy 12 p.m.   Healing Stretch Instructor: Macy	<b>19</b> 8 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yoga Instructor: Viviana	<b>20</b> 8 a.m.   Circuit Training Instructor: Viviana 8:30 a.m.   Aqua Fit Instructor: Audrey
<b>22</b> 8 a.m.   Core Strong Instructor: Rose 8:30 a.m.   Aqua Fit Instructor: Audrey 9:15 a.m.   Fusion Spin Instructor: Pauline 12 p.m.   Healing Stretch Instructor: Macy	<b>23</b> 8 a.m.   Circuit Training Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yogalates Instructor: Rose 11 a.m.   Gentle Yoga Instructor: Pauline	<b>24</b> 8 a.m.   Body Tone Instructor: Viviana 8:30 a.m.   Aqua Fit Instructor: Audrey 9:15 a.m.   Yoga Instructor: Pauline 10:30 a.m.   Fusion Spin Instructor: Pauline	<b>25</b> Merry Christmas!	<b>26</b> 8 a.m.   Body Tone Instructor: Viviana 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yoga Instructor: Viviana	<b>27</b> 8 a.m.   Circuit Training Instructor: Viviana 8:30 a.m.   Aqua Fit Instructor: Audrey
<b>29</b> 8 a.m.   Core Strong Instructor: Rose 8:30 a.m.   Aqua Fit Instructor: Audrey 9:15 a.m.   Fusion Spin Instructor: Pauline 12 p.m.   Healing Stretch Instructor: Macy	<b>30</b> 8 a.m.   Circuit Training Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yogalates Instructor: Rose 11 a.m.   Gentle Yoga Instructor: Pauline	<b>31</b> 8 a.m.   Body Tone Instructor: Viviana 8:30 a.m.   Aqua Fit Instructor: Audrey 9:15 a.m.   Yoga Instructor: Pauline 10:30 a.m.   Fusion Spin Instructor: Pauline			

## AQUA FIT | 50 MIN

High-energy, low-impact water workout for cardio and strength.

## AQUA TONE | 50 MIN

Gentle water workout with light cardio, resistance, and stretching.

## BEGINNER STRENGTH | 50 MIN

Intro to strength training focused on posture and core.

## BODY TONE | 50 MIN

Full-body toning with dumbbells and bodyweight exercises.

## CIRCUIT TRAINING/HIIT | 45 MIN

Fast-paced circuit workout to build strength and endurance.

## CORE STRONG | 50 MIN

Specifically targets and strengthens the deep core muscles through a combination of traditional core exercises and dynamic yoga flow.

## FUSION SPIN | 50 MIN

Cycling class with core and weight work, set to upbeat music

## GENTLE YOGA | 50 MIN

Focuses on foundational poses to improve balance, flexibility, back health, and core strength

## HEALING STRETCH | 50 MIN

Gentle stretching and mobility to support recovery.

## PILATES® | 50 MIN

Classic mat Pilates focusing on core strength and breath control.

## YOGA | 50 MIN

All-levels flow connecting breath, movement, and mindfulness.

## YOGALATES | 50 MIN

A blend of yoga and Pilates designed to enhance core strength, flexibility, and mindfulness.