

OCTOBER 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
		1 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Viviana 10:30 a.m. Fusion Spin Instructor: Pauline	2 8 a.m. Circuit Training Instructor: Viviana 9:15 a.m. Pilates Instructor: Viviana 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	3 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Pauline	4 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey
6 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Macy	7 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Pilates Instructor: Viviana 11 a.m. Gentle Yoga Instructor: Pauline	8 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Viviana 10:30 a.m. Fusion Spin Instructor: Pauline	9 8 a.m. Circuit Training Instructor: Viviana 9:15 a.m. Pilates Instructor: Viviana 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	10 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Pauline	11 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey
13 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Macy	14 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Pilates Instructor: Viviana 11 a.m. Gentle Yoga Instructor: Pauline	15 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Viviana 10:30 a.m. Fusion Spin Instructor: Pauline	16 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	17 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Pauline	18 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey
20 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Macy	21 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Pilates Instructor: Viviana 11 a.m. Gentle Yoga Instructor: Pauline	22 8.m. Body Tone Instructor: Chrysta 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline	23 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	24 8:30 a.m. Aqua Fit Instructor: Julie Z. 9:15 a.m. Yoga Instructor: Pauline	25 8:30 a.m. Aqua Fit Instructor: Audrey
27 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Macy	27 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Audrey 11 a.m. Gentle Yoga Instructor: Pauline	29 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline	30 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	31 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Julie Z. 9:15 a.m. Yoga 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.	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.
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