SEPTEMBER SCHEDULE



- Monday—Thursday 6 a.m.—7 p.m. & Friday—Sunday 6 a.m. —6 p.m. | Classes \$20/guest & \$16/member
- \bullet 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	2	3	4	5	6
8 a.m. Body Tone Instructor: Tanesha	8 a.m. Circuit Training Instructor: Tanesha	8 a.m. Body Tone Instructor: Viviana	8 a.m. Circuit Training Instructor: Viviana	8 a.m. Body Tone Instructor: Tanesha	8 a.m. Circuit Training Instructor: Viviana
9:15 a.m. Fusion Spin Instructor: Pauline	8:30 a.m. Aqua Tone & Restore Instructor: Julie O.	9:15 a.m. Yoga Instructor: Viviana	9:15 a.m. Pilates Instructor: Jen	8:30 a.m. Aqua Tone & Restore Instructor: Julie O.	
12 p.m. Healing Stretch Instructor: Macy	11 a.m. Gentle Yoga Instructor: Pauline	10:30 a.m. Fusion Spin Instructor: Pauline	11 a.m. Beginner Strength Instructor: Macy	9:15 a.m. Yoga Instructor: Pauline	
			12 p.m. Healing Stretch Instructor: Macy		
8	9	10	11	12	13
8 a.m. Body Tone Instructor: Viviana	8 a.m. Circuit Training Instructor: Viviana	8 a.m. Body Tone Instructor: Viviana	8 a.m. Circuit Training Instructor: Viviana	8 a.m. Body Tone Instructor: Tanesha	8 a.m. Circuit Training Instructor: Tanesha
9:15 a.m. Fusion Spin Instructor: Pauline	8:30 a.m. Aqua Tone & Restore Instructor: Julie O.	8:30 a.m. Aqua Fit Instructor: Audrey	9:15 a.m. Pilates Instructor: Jen	8:30 a.m. Aqua Tone & Restore Instructor: Julie O.	8:30 a.m. Aqua Fit Instructor: Audrey
12 p.m. Healing Stretch Instructor: Macy	9:15 a.m. Pilates Instructor: Viviana	9:15 a.m. Yoga Instructor: Viviana	11 a.m. Beginner Strength Instructor: Macy	9:15 a.m. Yoga Instructor: Rose	
	11 a.m. Gentle Yoga Instructor: Pauline	10:30 a.m. Fusion Spin Instructor: Pauline	12 p.m. Healing Stretch Instructor: Macy		
15	16	17	18	19	20
8 a.m. Body Tone Instructor: Viviana	8 a.m. Circuit Training Instructor: Viviana	8 a.m. Body Tone Instructor: Viviana	8 a.m. Circuit Training Instructor: Viviana	8 a.m. Body Tone Instructor: Tanesha	8 a.m. Circuit Training Instructor: Viviana
8:30 a.m. Aqua Fit Instructor: Audrey	8:30 a.m. Aqua Tone & Restore Instructor: Julie O.	8:30 a.m. Aqua Fit Instructor: Audrey	9:15 a.m. Pilates Instructor: Jen	8:30 a.m. Aqua Tone & Restore Instructor: Julie O.	8:30 a.m. Aqua Fit Instructor: Audrey
9:15 a.m. Fusion Spin Instructor: Pauline	9:15 a.m. Pilates Instructor: Viviana	9:15 a.m. Yoga Instructor: Viviana	11 a.m. Beginner Strength Instructor: Macy	9:15 a.m. Yoga Instructor: Pauline	
12 p.m. Healing Stretch Instructor: Macy	11 a.m. Gentle Yoga Instructor: Pauline	10:30 a.m. Fusion Spin Instructor: Pauline	12 p.m. Healing Stretch Instructor: Macy		
22	23	24	25	26	27
8 a.m. Body Tone Instructor: Viviana	8 a.m. Circuit Training Instructor: Viviana	8.m. Body Tone Instructor: Viviana	8 a.m. Circuit Training Instructor: Viviana	8 a.m. Body Tone Instructor: Tanesha	8 a.m. Circuit Training Instructor: Tanesha
8:30 a.m. Aqua Fit Instructor: Audrey	8:30 a.m. Aqua Tone & Restore Instructor: Julie O.	8:30 a.m. Aqua Fit Instructor: Audrey	9:15 a.m. Pilates Instructor: Jen	8:30 a.m. Aqua Tone & Restore Instructor: Julie O.	8:30 a.m. Aqua Fit Instructor: Audrey
9:15 a.m. Fusion Spin Instructor: Pauline	9:15 a.m. Pilates Instructor: Viviana	9:15 a.m. Yoga Instructor: Viviana	11 a.m. Beginner Strength Instructor: Macy	9:15 a.m. Yoga Instructor: Pauline	
12 p.m. Healing Stretch Instructor: Macy	11 a.m. Gentle Yoga Instructor: Pauline	10:30 a.m. Fusion Spin Instructor: Pauline	12 p.m. Healing Stretch Instructor: Macy		
29	30				
8 a.m. Body Tone Instructor: Tanesha	8 a.m. Circuit Training Instructor: Tanesha				
8:30 a.m. Aqua Fit Instructor: Audrey	8:30 a.m. Aqua Tone & Restore Instructor: Julie O.				
9:15 a.m. Fusion Spin Instructor: Pauline	11 a.m. Gentle Yoga Instructor: Pauline				
12 p.m. Healing Stretch Instructor: Macy					

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

 $\label{thm:covery} \textbf{Gentle stretching and mobility to support recovery}.$

PILATES® | 50 MIN

Classic mat Pilates focusing on core strength and breath control.

YOGA | 50 MIN

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