

FREE Group Exercise Classes with Membership - Water Classes; Lap Pool, Therapy Pool, and Water Walking Class Schedule



| Mon | | Tue | | Wed | | Thu | | Fri | | |
|---------------------|--|-----|--|---|---|---|--|-----|--|---|
| January 2019 | | 1 | Open 8:00a-12:00p NO Pool, Babysitting, or Group Exercise Classes | 2 | Water Walking; 9:30-11a (Water Park) Wet n Wild; 9-9:50a (Lap) Warm Water Workout; 5:00-5:50pm (Therapy) | 3 | Fluid Fusion; 8:30-9:30a (Lap) Water Walking; 9:30-11a & 5:30-7p (Water Park) Silver Splash; 9:30-10:30a (Lap) | 4 | Water in Motion; 9-9:50a (Lap) Water Walking; 9:30-11a (Water Park) | 5 |
| | | 6 | 7 Water Walking; 9:30-11a(Water Park) Wet n Wild; 9-9:50a (Lap) Warm Water Workout; 5:00-5:50pm (Therapy) | 8 Fluid Fusion; 8:30-9:30a (Lap) Silver Splash; 9:30-10:30a (Lap) Water Walking; 9:30-11a & 5:30-7p (Water Park) | 9 Water Walking; 9:30-11a (Water Park) Wet n Wild; 9-9:50a (Lap) Warm Water Workout; 5:00-5:50pm (Therapy) | 10 Fluid Fusion; 8:30-9:30a (Lap) Water Walking; 9:30-11a & 5:30-7p (Water Park) Silver Splash; 9:30-10:30a (Lap) | 11 Water in Motion; 9-9:50a (Lap) Water Walking; 9:30-11a (Water Park) | 12 | | |
| | | 13 | 14 Water Walking; 9:30-11a(Water Park) Wet n Wild; 9-9:50a (Lap) Warm Water Workout; 5:00-5:50pm (Therapy) | 15 Fluid Fusion; 8:30-9:30a (Lap) Silver Splash; 9:30-10:30a (Lap) Water Walking; 9:30-11a & 5:30-7p (Water Park) | 16 Water Walking; 9:30-11a (Water Park) Wet n Wild; 9-9:50a (Lap) Warm Water Workout; 5:00-5:50pm (Therapy) | 17 Fluid Fusion; 8:30-9:30a (Lap) Water Walking; 9:30-11a & 5:30-7p (Water Park) Silver Splash; 9:30-10:30a (Lap) | 18 Water in Motion; 9-9:50a (Lap) Water Walking; 9:30-11a (Water Park) | 19 | | |
| | | 20 | 21 Water Walking; 9:30-11a(Water Park) Wet n Wild; 9-9:50a (Lap) Warm Water Workout; 5:00-5:50pm (Therapy) | 22 Fluid Fusion; 8:30-9:30a (Lap) Silver Splash; 9:30-10:30a (Lap) Water Walking; 9:30-11a & 5:30-7p (Water Park) | 23 Water Walking; 9:30-11a (Water Park) Wet n Wild; 9-9:50a (Lap) Warm Water Workout; 5:00-5:50pm (Therapy) | 24 Fluid Fusion; 8:30-9:30a (Lap) Water Walking; 9:30-11a & 5:30-7p (Water Park) Silver Splash; 9:30-10:30a (Lap) | 25 Water in Motion; 9-9:50a (Lap) Water Walking; 9:30-11a (Water Park) | 26 | | |
| | | 27 | 28 Water Walking; 9:30-11a(Water Park) Wet n Wild; 9-9:50a (Lap) Warm Water Workout; 5:00-5:50pm (Therapy) | 29 Fluid Fusion; 8:30-9:30a (Lap) Silver Splash; 9:30-10:30a (Lap) Water Walking; 9:30-11a & 5:30-7p (Water Park) | 30 Water Walking; 9:30-11a (Water Park) Wet n Wild; 9-9:50a (Lap) Warm Water Workout; 5:00-5:50pm (Therapy) | 31 Fluid Fusion; 8:30-9:30a (Lap) Water Walking; 9:30-11a & 5:30-7p (Water Park) Silver Splash; 9:30-10:30a (Lap) | Facility Hours: Monday-Friday: 5a-9:00p Saturday: 6a-5:00p Sunday: 6a-8:00p Child Watch Hours: Mon-Thurs: 9a-1p & 4-8:00p Friday: 9a-1p & 4-6:00p Saturday: 8:30a-1:00p Sunday: Closed | | | |

FREE Group Exercise Classes with Membership - Land Classes; Group Exercise South, North, and Sports Performance Room



| | Mon | Tue | Wed | Thu | Fri | Sat |
|----|---|--|---|---|--|--|
| | | <p>1</p> <p style="text-align: center;">Open 8:00a-12:00p</p> <p style="text-align: center;">NO Pool, Babysitting, or Group Exercise Classes</p> | <p>2</p> <p>Body Attack: 5:15-6:15a Ageless Yoga: 8a Body Pump: 9a SilverSneaker Classic: 9a SilverSneaker Circuit: 10a BodyPump: 12p Indoor Cycling: 5p Intro to Cycling: 6:10p</p> | <p>3</p> <p>Body Pump:5:15-5:45a CX Worx: 5:45-6:15a Body Pump: 6:30-7:30a Indoor Cycling: 7a Ageless Yoga: 8a SilverSneakers Cardio: 9a Indoor Cycling: 9:05a Tai Chi: 11:10a Indoor Cycling: 5:45p Zumba: 6p</p> | <p>4</p> <p>Bike Boot Camp: 6:30a Ageless Yoga: 8a 321 Blast: 9a SilverSneakers Classic: 9a Silversneakers Circuit: 10a Ashtanga Yoga: 10a Body Pump: 12p</p> | <p>5</p> <p>Ageless Yoga: 8a Indoor Cycling: 9a Body Pump:9a Zumba: 10a</p> |
| 6 | <p>7</p> <p>Ageless Yoga: 8a Body Pump: 9a SilverSneakers Classic: 9a SilverSneakers Circuit: 10a Basic Yoga: 10:10a Tai Chi: 11:10a Body Pump: 12p Kardio Kick: 5p Indoor Cycling: 5p Intro to Cycling: 6:10p Body Pump: 6p</p> | <p>8</p> <p>Body Pump: 5:15a Body Pump: 6:30a Indoor Cycling: 7a Ageless Yoga: 8a SilverSneakers Cardio: 9a Indoor Cycling: 9:05a Upbeat: 5:10p Indoor Cycling: 5:45p Zumba: 6p</p> | <p>9</p> <p>Body Attack: 5:15-6:15a Ageless Yoga: 8a Body Pump: 9a SilverSneaker Classic: 9a SilverSneaker Circuit: 10a BodyPump: 12p Indoor Cycling: 5p Intro to Cycling: 6:10p</p> | <p>10</p> <p>Body Pump:5:15-5:45a Ageless Yoga: 8a Body Pump: 6:30-7:30a Indoor Cycling: 7a Ageless Yoga: 8a SilverSneakers Cardio: 9a Indoor Cycling: 9:05a Tai Chi: 11:10a Indoor Cycling: 5:45p Zumba: 6p</p> | <p>11</p> <p>Bike Boot Camp: 6:30a Ageless Yoga: 8a 321 Blast: 9a SilverSneakers Classic: 9a Silversneakers Circuit: 10a Ashtanga Yoga: 10a Body Pump: 12p</p> | <p>12</p> <p>Ageless Yoga: 8a Indoor Cycling: 9a Body Pump:9a Zumba: 10a</p> |
| 13 | <p>14</p> <p>Ageless Yoga: 8a Body Pump: 9a SilverSneakers Classic: 9a SilverSneakers Circuit: 10a Basic Yoga: 10:10a Tai Chi: 11:10a Body Pump: 12p Kardio Kick: 5p Indoor Cycling: 5p Intro to Cycling: 6:10p Body Pump: 6p</p> | <p>15</p> <p>Body Pump: 5:15a Body Pump: 6:30a Indoor Cycling: 7a Ageless Yoga: 8a SilverSneakers Cardio: 9a Indoor Cycling: 9:05a Upbeat: 5:10p Indoor Cycling: 5:45p Zumba: 6p</p> | <p>16</p> <p>Body Attack: 5:15-6:15a Ageless Yoga: 8a Body Pump: 9a SilverSneaker Classic: 9a SilverSneaker Circuit: 10a BodyPump: 12p Indoor Cycling: 5p Intro to Cycling: 6:10p</p> | <p>17</p> <p>Body Pump:5:15-5:45a CX Worx: 5:45-6:15a Body Pump: 6:30-7:30a Indoor Cycling: 7a Ageless Yoga: 8a SilverSneakers Cardio: 9a Indoor Cycling: 9:05a Tai Chi: 11:10a Indoor Cycling: 5:45p Zumba: 6p</p> | <p>18</p> <p>Bike Boot Camp: 6:30a Ageless Yoga: 8a 321 Blast: 9a SilverSneakers Classic: 9a Silversneakers Circuit: 10a Ashtanga Yoga: 10a Body Pump: 12p</p> | <p>19</p> <p>Ageless Yoga: 8a Indoor Cycling: 9a Body Pump:9a Zumba: 10a</p> |
| 20 | <p>21</p> <p>Ageless Yoga: 8a Body Pump: 9a SilverSneakers Classic: 9a SilverSneakers Circuit: 10a Basic Yoga: 10:10a Tai Chi: 11:10a Body Pump: 12p Kardio Kick: 5p Indoor Cycling: 5p Intro to Cycling: 6:10p Body Pump: 6p</p> | <p>22</p> <p>Body Pump: 5:15a Body Pump: 6:30a Indoor Cycling: 7a Ageless Yoga: 8a SilverSneakers Cardio: 9a Indoor Cycling: 9:05a Upbeat: 5:10p Indoor Cycling: 5:45p Zumba: 6p</p> | <p>23</p> <p>Body Attack: 5:15-6:15a Ageless Yoga: 8a Body Pump: 9a SilverSneaker Classic: 9a SilverSneaker Circuit: 10a BodyPump: 12p Indoor Cycling: 5p Intro to Cycling: 6:10p</p> | <p>24</p> <p>Body Pump:5:15-5:45a CX Worx: 5:45-6:15a Body Pump: 6:30-7:30a Indoor Cycling: 7a Ageless Yoga: 8a SilverSneakers Cardio: 9a Indoor Cycling: 9:05a Tai Chi: 11:10a Indoor Cycling: 5:45p Zumba: 6p</p> | <p>25</p> <p>Bike Boot Camp: 6:30a Ageless Yoga: 8a 321 Blast: 9a SilverSneakers Classic: 9a Silversneakers Circuit: 10a Ashtanga Yoga: 10a Body Pump: 12p</p> | <p>26</p> <p>Ageless Yoga: 8a Indoor Cycling: 9a Body Pump:9a Zumba: 10a</p> |
| 27 | <p>28</p> <p>Ageless Yoga: 8a Body Pump: 9a SilverSneakers Classic: 9a SilverSneakers Circuit: 10a Basic Yoga: 10:10a Tai Chi: 11:10a Body Pump: 12p Kardio Kick: 5p Indoor Cycling: 5p Intro to Cycling: 6:10p Body Pump: 6p</p> | <p>29</p> <p>Body Pump: 5:15a Body Pump: 6:30a Indoor Cycling: 7a Ageless Yoga: 8a SilverSneakers Cardio: 9a Indoor Cycling: 9:05a Upbeat: 5:10p Indoor Cycling: 5:45p Zumba: 6p</p> | <p>30</p> <p>Body Attack: 5:15-6:15a Ageless Yoga: 8a Body Pump: 9a SilverSneaker Classic: 9a SilverSneaker Circuit: 10a BodyPump: 12p Indoor Cycling: 5p Intro to Cycling: 6:10p</p> | <p>31</p> <p>Body Pump:5:15-5:45a CX Worx: 5:45-6:15a Body Pump: 6:30-7:30a Indoor Cycling: 7a Ageless Yoga: 8a SilverSneakers Cardio: 9a Indoor Cycling: 9:05a Tai Chi: 11:10a Indoor Cycling: 5:45p Zumba: 6p</p> | <p>Facility Hours: Monday-Friday: 5a-9:00p Saturday: 6a-5:00p Sunday: 6a-8:00p</p> <p>Child Watch Hours: Mon-Thurs: 9a-1p & 4-8:00p Friday: 9a-1p & 4-6:00p Saturday: 8:30a-1:00p Sunday: Closed</p> | |