

May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>5:15 ZUMBA</i>	4 <i>5:15 ZUMBA</i>	5 <i>5:15 ZUMBA</i>	6 <i>5:15 ZUMBA</i>	7	8
9	10 <i>5:15 ZUMBA</i>	11 <i>5:15 ZUMBA</i>	12 <i>5:15 ZUMBA</i>	13 <i>5:15 ZUMBA</i>	14	15
16	17 <i>8:00 Aqua Strength 9:00 Aqua Cardio 10:00 Gentle Fitness 5:15 ZUMBA</i>	18 <i>5:15 ZUMBA 5:30 Aqua Strength 6:15 Pop Pilates 6:30 Aqua Cardio</i>	19 <i>4:30 Pool RESERVED 5:15 ZUMBA</i>	20 <i>8:00 Aqua Strength 9:00 Aqua Cardio 10:00 Gentle Fitness 5:15 ZUMBA 5:30 Aqua Strength 6:15 B-Fit 6:30 Aqua Cardio</i>	21	22
23 30	24 <i>8:00 Aqua Strength 9:00 Aqua Cardio 10:00 Gentle Fitness 11:00 Pool RESERVED 5:15 ZUMBA 6:15 Pop Pilates</i>	25 <i>5:15 ZUMBA 5:30 Aqua Strength 6:30 Aqua Cardio</i>	26 <i>4:30 Pool RESERVED 5:15 ZUMBA 6:15 B-Fit</i>	27 <i>8:00 Aqua Strength 9:00 Aqua Cardio 10:00 Gentle Fitness 5:15 ZUMBA 5:30 Aqua Strength 6:30 Aqua Cardio</i>	28	29 <i>10:00 Pool RESERVED</i>

May 2021 classes

Zumba - A latin inspired dance class that will work your entire body and burn major calories!

Aqua Cardio/Endurance - An aquatic inspired class that is instructed at a higher intensity. Targets all major muscle groups, elevates heart rate while toning all muscle groups along with improving endurance and mobility.

Aqua Strength/Condition - An aquatic class that is conducted at a slower pace and designed to improve muscle strength/conditioning in all major muscle groups while improving flexibility.

Gentle Fitness - easy, gentle stretching designed to help improve flexibility of joints, strength, and mobility.

All times listed are reserved for the aquatic classes and will be reserved for the full hour.

Please respect our instructors and members posted time by not intruding unless participating.

Fitness On Demand - please come in and take this time to view and participate in our Fitness On Demand system. With a multitude of workouts that can range from 20-45 minutes, just pick a class, grab some friends or go solo and enjoy the workout!! Available all day!

Hours of Operation
Sunday 12:00p.m.-5:00p.m.
Monday-Friday
4:00a.m.-10:00p.m.
Saturday 8:00a.m.-4:00p.m.



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