

New Years Week Class Schedule

December 28- January 3rd



Land Fitness Classes	Sunday 28	Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2	Saturday 3	
	5:10 AM		Power Tone Asha		Power Tone Asha		321Hiit Asha	
	6:10 AM				HiLo Power Nicole	Sticks & Strength Melissa		
	7:10 AM			Yoga Nettie	Yoga Jenny S.	TurboKick Liz & Asha		TurboKick Liz
	8:10 AM		Barre Emily	Zumba Katrina	Step Liz	Power Tone Liz & Asha	Yoga Nettie	PowerTone Liz
	9:10AM		Turbokick Liz	Step Liz H.	321 Hiit Liz	Zumba Leslie	HiLo Power Nicole	Step Kristi
	10:10 AM	Yoga 10:00am Mandy 90 minutes	Yoga Mandy	Yoga Joani	Power Tone Ericka	Core Fusion Nicole	Zumba Tiffany	Zumba Patti
	11:10am		SilverSneakers Classic Emily	SilverSneakers Yoga Joani		SilverSneakers Yoga Heather	SilverSneakers Classic Emily	Yoga Mandy
	12:10pm					90 minute Yoga Mandy & Abbie		
	5:10pm		Yoga Misty					
	6:10 PM		Zumba Katrina	Power Tone Melissa				
	7:10 PM		Step Nikke	Zumba Tiffany				
8:10 PM		Pilates Patti	Yoga Megan					

KIDS (30minutes)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:30 PM		Kid Fitness (ages 5+) Melissa <i>Starts @ 4:15pm</i>	Kid Fitness (ages 5+) Melissa			

Water Fitness Classes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 AM Deep		X-Challenge Lavinia	Go the Distance Louise	Aqua Fit Patrice		X-Challenge Lavinia
	6:00 AM Shallow		Push-it Louise	Aqua Fit MerLynn	Push-it Jana		Push-it Kathleen
	7:00AM Shallow		Power Tone Julie B.	X-Challenge Patrice	Cardio Endurance Amber		
	8:00 AM Shallow		Body Sculpt Annie	HiLo H2O Julie T.	Aqua Kickbox Julie B.		Aqua Bootcamp Julie B.
	9:00AM Deep		Aqua Tone Liz	Interval Training Catharine	Circuits Julie T.		Cardio Endurance Julie B.
	9:00AM Shallow		SilverSneakers Splash Lauri	Aqua Fit Lauri	SilverSneakers Splash Steff		SilverSneakers Splash Annie
	10:00 AM Shallow		Functional Fit Lauri	Float Fit Emily	Functional Fit Steff	Float Fit Emily	Functional Fit Lauri
	8:00 PM Comp Shallow		Aqua Cardio Blast Rebecca	Fun Fitness Kim			
	9:00 PM Deep			Power Aquatics Kim			
9:15 PM Shallow			Float Fit Jenny S.				

CYCLE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:10 AM			CYCLE Liz H.			
	7:00 AM						Cycle Janene
	9:10 AM		Cycle Janene		Cycle Farron	90 minute Cycle Adrienne & Janane	Cycle Janene
6:10 PM		CYCLE Farron					

CYCLE-Registration is available online up to 1 week in advance. Arrive early to check in at the Front Desk to receive a disc to confirm your reservation. Reservations void at the start of class. Download App Audio and bring headphones to be able to fully participate in the class. Water and a towel are also recommended.

Float Fit- Registration is available online up to 1 week in advance. Arrive at least 5 minutes early to secure your board.

Reservations may be given away at class time. Water bottles are encouraged.

Water Classes are located in the following locations: **Shallow:** Leisure pool lap lanes,

Deep: Competition pool deep end, **Comp Shallow:** Competition pool shallow end

All instructors & formats are subject to change without notice. Some classes may be cancelled or added without notice.

For up to date info follow us on Facebook and Instagram.