



Land Fitness Classes		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:10 AM			<b>Power Tone</b> Andrea	<b>Step</b> Emily	<b>Power Tone</b> Andrea	<b>321 Hiit</b> Asha	
	6:10 AM		<b>321 Hiit</b> Andrea	<b>Core Power</b> Jenny N.	<b>HiLo Power</b> Jenny N.	<b>Yoga</b> Jenny N.	<b>Power Tone</b> Andrea	
	7:10 AM			<b>Yoga</b> Karina	<b>Yoga</b> Jenny S.			<b>TurboKick</b> Liz
	8:10 AM		<b>Power Tone</b> Torri	<b>Zumba</b> Leslie	<b>Multi Step</b> Liz	<b>321 Hiit</b> Liz	<b>Yoga</b> Sapientia	<b>Power Tone</b> Liz
	9:10AM		<b>Barre</b> Emily	<b>Step</b> Liz	<b>Pilates/Barre</b> Sheri	<b>Zumba</b> Leslie	<b>HiLo Power</b> Nicole	<b>Step</b> Kristi
	9:10AM Blue Gym						<b>Power Tone</b> Wendy	
	10:10 AM	<b>10:00am 90 minute Yoga</b> Mandy/Nettie	<b>Yoga</b> Mandy	<b>Yoga</b> Joani	<b>Power Tone</b> Ericka	<b>Yoga</b> Wendy	<b>Zumba</b> Tiffany	<b>Zumba</b> Patti
	11:10am		<b>Silver Sneakers Classic</b> Christi	<b>Silver Sneakers Yoga</b> Joani	<b>Silver Sneakers Circuit</b> Sheri	<b>Silver Sneakers Yoga</b> Heather	<b>Silver Sneakers Classic</b> Emily	<b>Yoga</b> Staff
	12:10pm			<b>Line Dancing</b> Joani	<b>Tai Chi</b> Connie	<b>Tai Chi</b> Connie		
	5:10pm		<b>Yoga</b> Misty		<b>Power Tone</b> Asha			
	6:10 PM		<b>Zumba</b> Katrina	<b>Power Tone</b> Melissa	<b>Zumba</b> Patti	<b>Power Tone</b> Farron		
	7:10 PM		<b>Step</b> Nikke	<b>Zumba</b> Tiffany	<b>Pilates</b> Patti	<b>HiLo Power</b> Nicole		
	8:10 PM		<b>Pilates</b> Patti	<b>Yoga</b> Megan	<b>Yoga</b> Sapientia	<b>Yoga</b> Mandy		
	9:10 PM					<b>Zumba</b> Katrina		

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

Water Fitness Classes		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	5:00 AM Deep		<b>X-Challenge</b> Lavinia	<b>Go the Distance</b> Louise	<b>Aqua Fit</b> Patrice	<b>Go the Distance</b> Louise	<b>X-Challenge</b> Lavinia		
	6:00 AM Shallow		<b>Push-it!</b> Louise	<b>Aqua Fit</b> MerLynn	<b>Push-it!</b> Jana	<b>Aqua Fit</b> MerLynn	<b>Push-it!</b> Kathleen		
	7:00AM Shallow		<b>Interval Training</b> Amber	<b>X-Challenge</b> Patrice	<b>Aqua Kickbox</b> Julie B.	<b>TNT</b> Karina	<b>Aqua Bootcamp</b> Karina		
	8:00 AM Shallow		<b>Silver Sneaker Splash</b> Lauri	<b>HiLo H2O</b> Julie T.	<b>Silver Sneaker Splash</b> Steff	<b>Aqua Zumba</b> Linda	<b>Silver Sneaker Splash</b> Annie	Cardio Endurance- Amber- 1st & 2nd X-Challenge- Lavinia 3rd, 4th, 5th	
	9:00AM Deep		<b>Aqua Tone</b> Liz	<b>Interval Training</b> Catharine	<b>Circuit Training</b> Julie T.	<b>Deep Fitness</b> Steff	<b>Cardio Endurance</b> Julie B.		
	9:00AM Shallow	<b>Swim Lessons</b>						<b>Functional Fitness</b> Lauri	
	10:00 AM Shallow						<b>Float Fit</b> Staff		
	8:00 PM Comp Shallow		<b>Power Aquatics</b> Rebecca	<b>Fun Fitness</b> Kim			<b>Power Aquatics</b> Rebecca		
	9:00 PM Deep		<b>30 min Cardio &amp; Core</b> Rebecca	<b>Power Aquatics</b> Kim					
9:15 PM Shallow			<b>Float Fit</b> Staff						

CYCLE		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:10 AM			<b>Cycle</b> Liz		<b>Cycle</b> Adrienne		
	7:00 AM				<b>Cycle</b> Karina			<b>Cycle</b> Janene
	8:10 AM							
	9:10 AM		<b>Cycle</b> Janene	<b>Teen Cycle</b> Janene	<b>Cycle</b> Farron		<b>Cycle</b> Janene	
	10:15am		<b>Pedal for Parkinsons</b> Janene		<b>Pedal for Parkinsons</b> Farron		<b>Pedal for Parkinsons</b> Wendy	
	6:10 PM		<b>Cycle</b> Farron					
7:10 PM						<b>Cycle</b> 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.