



Group Fitness Classes (FREE to All-Inclusive, Wellness & Lap Swim Members)

Summer Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Aqua Express 7:00 - 7:45 am Susan / Pool	AquaZumba 7:00 - 8:00 am Lindy / Pool		New! Boot Camp Boost 8:00 - 9:00 am Christy / Outside (inclement weather: Charter Oak 1)	
	AquaRhythms 8:00 - 9:00 am Lindy / Pool	Hydro-Fit Max 8:00 - 9:00 am Polly / Pool	Hydro-Fit Max 8:00 - 9:00 am Bonnie / Pool	AquaRhythms 8:00 - 9:00 am Susan / Pool	Hydro-Fit Max 8:00 - 9:00 am Bonnie / Pool	Complete Cardio 8:30 - 9:30 am Jeannine
	Total Body Conditioning 8:00 - 9:00 am Robin / Maple	Pilates Mat & Barre 8:00 - 9:00 am Susan / Maple	Booty Barre 8:30 - 9:30 am Jill	Metabolic Fitness 8:00 - 9:00 am Christy	Sculpt, Core & Stretch 8:00 - 9:00 am	Zumba 10:00 - 11:00 am Lindy
	Zumba 9:15 - 10:15 am Roxanne / Maple	HIIT 9:15 - 10:15 am Christy / Maple	New! Bend & Blend 9:30 - 10:30 am Jill	Cardio Rhythms & Barre 9:15 - 10:15 am Susan	Tabata Boot Camp 9:15 - 10:15 am Denise	
		Aqua Aerobics 11:00 - 12:00 pm Sally / Pool		AquaRhythms 11:00 - 12:00 pm Diane / Pool		
	Arthritis H2O Exercise 12:00 - 1:00 pm Bonnie / Pool		Arthritis H2O Exercise 12:00 - 1:00 pm Bonnie / Pool		Arthritis H2O Exercise 12:00 - 1:00 pm Bonnie / Pool	
			Deep H2O Run 6:15 - 7:15 pm Susan / Pool			
	Crash & Burn 6:30 - 7:30 pm Jeannine / Pine (July) Alicia / Pine (August)		Core & Restore 6:30 - 7:30 pm Christy / Charter Oak 1			