

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aquacise		AquaZumba	Aquamates	Hydro-Fit Max	Complete Cardio
	7:30 - 8:30 am		7:30 - 8:30 am	8:30 - 9:30 am	8:30 - 9:30 am	8:30 - 9:30 am
	Mary Ann / Pool		Lindy / Pool	Mary Ann / Pool	Bonnie / Pool	Jeannine / Pine
	Aquamates	Hydro-Fit Max	Hydro-Fit Max	Cardio Rhythms & Barre	Hydro-Fit Workout	
	8:30 - 9:30 am	8:30 - 9:30 am	8:30 - 9:30 am	9:15 - 10:15 am	9:30 - 10:30 am	
	Mary Ann / Pool	Polly / Pool	Bonnie / Pool	Susan / Pine	Bonnie / Pool	
	AquaRhythms	Preserve the Curve	Just Weight	X-treme Fitness	Zumba	
	9:30 - 10:30 am	9:30 - 10:30 am	9:15 - 10:15 am	9:30 - 10:30 am	9:30 - 10:30 am	
	Susan / Pool	Christine / Maple	Joyce / Pine	Michelle / Maple	Roxanne / Maple	
	Cardio Fusion	Pilates Mat & Barre	Hydro-Fit Workout	Pilates Mat & Barre	Sculpt, Core & Stretch	Zumba <sup>®</sup>
	9:30 - 10:30 am	9:30 - 10:30 am	9:30 - 10:30 am	10:30 - 11:30 am	9:30 - 10:30 am	10:00 - 11:00 am
	Elizabeth / Maple	Susan / Pine	Bonnie / Pool	Susan / Pine	Carol / Pine	Lindy / Pine
	Total Body Conditioning	Aqua Aerobics	Cardio Blast	Water Cardio Chi		
	9:30 - 10:30 am	10:30 - 11:30 am	9:30 - 10:30 am	10:30 - 11:30 am		
	Robin / Pine	Sally / Pool	Michelle / Maple	Mary Ann / Pool		
		Baton Twirling (ages 7-12)	Arthritis H2O Exercise	Zumbatomic ® (ages 8-12)	Arthritis H2O Exercise	
			12:00 - 1:00 pm	4:30-5:15 pm	12:00 - 1:00 pm	
		4:45-5:45 pm Susan / Charter Oak 2	Bonnie / Pool	Roxanne / Maple	Bonnie / Pool	
		*free to All-Inclusive Family Members		*free to All-Inclusive Family Members		
	Arthritis H2O Exercise	Deep H2O Run	Deep H2O Run			
	12:00 - 1:00 pm	6:30 - 7:30 pm	6:30 - 7:30 pm			
	Mary Ann / Pool	Susan / Pool	Susan / Pool			
	Strength & Endurance		willPower & grace®			
	Boot Camp 6:30 - 7:30 pm Alicia / Pine		6:45 - 7:45 pm			
			Eileen / Charter Oak 1			
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