



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

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