



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

Fall Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			AquaZumba 7:30 - 8:30 am Lindy / Pool	Just Weight 7:00 - 8:00 am Joyce / Pine		New! Rip It 8:00 - 9:00 am Alicia / Gym
	AquaZumba 8:30 - 9:30 am Lindy / Pool	Hydro-Fit Max 8:30 - 9:30 am Polly / Pool	Hydro-Fit Max 8:30 - 9:30 am Bonnie / Pool	AquaRhythms 8:30 - 9:20 am Susan / Pool	Hydro-Fit Max 8:30 - 9:30 am Bonnie / Pool	Complete Cardio 8:30 - 9:30 am Jeannine / Pine
			New ! Cardio Kickboxing 9:15 - 10:15 am Carol / Pine	New! Metabolic Fitness 9:00 - 10:00 am Christy / Maple	Hydro-Fit Workout 9:30 - 10:30 am Bonnie / Pool	
	AquaRhythms 9:30 - 10:30 am Susan / Pool	New! HIIT 9:30 - 10:30 am Christy / Maple	Hydro-Fit Workout 9:30 - 10:30 am Bonnie / Pool	Cardio Rhythms & Barre 9:30 - 10:30 am Susan / Pine	Sculpt, Core & Stretch 9:30 - 10:30 am Carol / Pine	
	Cardio Fusion 9:30 - 10:30 am Elizabeth / Maple	Pilates Mat & Barre 9:30 - 10:30 am Susan / Pine	New! Booty Barre 9:30 - 10:30 am Jill / Maple	Pilates Mat & Barre 10:30 - 11:30 am Susan / Pine	Zumba® 9:30 - 10:30 am Roxanne / Charter Oak 1	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	New! Arms, Buns & Abs 10:30 - 11:30 am Jill / Maple	Aqua Cardio Chi 10:30 - 11:30 am Pool		
	Arthritis H2O Exercise 12:00 - 1:00 pm Bonnie / Pool	Baton Twirling (ages 7-12) 4:45 - 5:30 pm Susan / Maple	Arthritis H2O Exercise 12:00 - 1:00 pm Bonnie / Pool	Zumbatomic® (ages 8-12) 4:30 - 5:15 pm Roxanne / Maple	Arthritis H2O Exercise 12:00 - 1:00 pm Bonnie / Pool	
			Zumba® 6:30 - 7:30 pm Christy / Charter Oak 1	Complete Cardio 6:30 - 7:30 pm Jeannine / Maple		
	New! Crash & Burn 6:30 - 7:30 pm Alicia / Pine	Deep H2O Run 6:30 - 7:30 pm Susan / Pool	Deep H2O Run 6:30 - 7:30 pm Susan / Pool			