

Group Fitness Schedule

Effective: April 21, 2014

Subject to Change

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	Cycle RT ®	Pump/Cxpress 1 ®	Cycle RT ®	Cycle RT ®	1 ®
				1	
8:00am	Aqua Combo RP	Martial Waters RP	Aqua Step & Sculpt RP	Deep Water Athletes RP	Splash A.C.T. RP
8:45am	2		Moderate Moves 3		2
9:00am	Walking Waters LP	Walk & Sculpt LP	Walking Waters LP	Walk & Sculpt LP	Walking Waters LP
9:15am	1	1 ®	Kickbutt Boxing 1	1	
		Step I.T. 2	R.E.V. 2		All Terrain XT OF 4/26-6/13
		Cycle RT ®		Cycle RT ®	Cycle RT ®
9:30am	Tabata AF		Cycle RT ®	Step 45 2	1
	Cycle RT ®				
9:45am					
10:15am	1		1	Strong & Lean 1	1 ®
	2		2		
10:30am	Yoga Flex 3	1		2	Yoga Flex 3
		Pilates Mat 2			
10:45am			Gentle Yoga 3		
1:00pm	1 ®			1 ®	
4:45pm	R.E.V.45 1	1 ®	1	Butts N' Guts 1	1 ®
5:30pm	1	2	1		
6:00pm	1	1	1	R.E.V. 1	
	Strong & Lean 2		Tabata 2		
6:15pm	Cycle RT ®	Yoga Flex 2	Cycle RT ®	Step 45 2	
6:30pm					
7:00pm	1	1	1 ®	2	
	2			Yoga Flex 3	
7:30pm	Walking Waters LP	Aqua Sculpt & Tone LP		Walk & Sculpt LP	

Time	Saturday	Sunday
8:00am	Cycle 60 ®	
8:15am		Cycle 60 ®
8:30am	1	1
	2	Basic Step45 2
8:45am	Aqua Zumba RP	
9:15am	Cycle RT ®	
9:30am	1 ®	1 ®
	2	Yoga Flex 3
10:00am	2	
10:30am		
10:45am		

- 1 = Group Fitness Studio 1
- 2 = Group Fitness Studio 2
- 3 = Group Fitness Studio 3
- = Cycling Studio
- ® = Online Resv. Necessary
- LP = Leisure Pool
- RP = Rec Pool
- MP = Main Pool
- AF = Arena Field
- OF = Outdoor Field