

# AT-A-GLANCE SCHEDULE

## ADULT PROGRAMS (19 years & up)

\* Punch Pass required

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MEM FEE	CMTY FEE	LOCATION	PG
<b>AQUATICS</b>										
Aqua Dance				6:00-7:00 pm			21	63	Cool Pool	29
Aqua Dance					10:30-11:30 am		21	63	Cool Pool	29
MS Exercise		10:30-11:15 am		10:30-11:15 am			28	84	Cool Pool	29
Fibromyalgia Fusion	9:45-11:15 am		9:45-11:15 am		9:45-11:15 am		42	126	FirStep/Wm Pl	29
Fibromyalgia Fusion	10:30-Noon		10:30-Noon		10:30-Noon		42	126	FirStep/Wm Pl	29
Slow & Easy	8:15-9:00 am		8:15-9:00 am		8:15-9:00 am		37	110	Warm Pool	30
Slow & Easy	10:30-11:15 am		10:30-11:15 am		10:30-11:15 am		37	110	Warm Pool	30
Slow & Easy	11:15-Noon		11:15-Noon		11:15-Noon		37	110	Warm Pool	30
Slow & Easy		11:15-Noon		11:15-Noon			28	84	Warm Pool	30
Slow & Easy	5:15-6:00 pm		5:15-6:00 pm				28	84	Warm Pool	30
AiChi				8:30-9:15 am			21	63	Warm Pool	30
Yoqua		9:30-10:15 am					21	63	Warm Pool	30
YoChi		6:05-7:05 pm					21	63	Warm Pool	30
Smooth Movers	5:15-6:00 pm		5:15-6:00 pm				28	84	Warm Pool	30
Deep Water Ex	7:30-8:30 am		7:30-8:30 am		7:30-8:30 am		37	110	Cool Pool	31
Deep Water Ex	8:35-9:35 am		8:35-9:35 am		8:35-9:35 am		37	110	Cool Pool	31
Deep Water Ex		8:00-9:00 am		8:00-9:00 am			28	84	Cool Pool	31
Deep Water Ex		4:00-5:00 pm		4:00-5:00 pm			28	84	Cool Pool	31
Deep Water Ex						8:30-9:30 am	FREE	*	Cool Pool	31
Water Boot Camp				9:30-10:00 am			11	33	Cool Pool	31
High Energy	10:30-11:30 am		10:30-11:30 am		10:30-11:30 am		37	110	Cool Pool	31
High Energy		8:00-9:00 am		8:00-9:00 am			28	84	Cool Pool	31
High Energy						8:30-9:30 am	FREE	*	Cool Pool	31
Water Walk	8:15-9:15 am		8:15-9:15 am		8:15-9:15 am		37	110	Cool Pool	32
Aqua Rock	6:00-7:00 pm		6:00-7:00 pm				28	84	Cool Pool	32
Learn to Swim		6:00-6:45 pm					21	63	Cool Pool	32
Beg Tri Swim				7:00-7:45 pm			21	63	Cool Pool	32
Adv Tri Swim				7:50-9:00 pm			21	63	Cool Pool	32
WIMPS		6:50-8:15 pm					FREE	*	Cool Pool	32
<b>FITNESS</b>										
Prep for Success		5:30-6:15 pm		5:30-6:15 pm			FREE	*		22
Toning	5:30-6:15 am		5:30-6:15 am				FREE	*	Studio	22
Toning	4:30-5:30 pm						FREE	*	Studio	22
Toning	8:30-9:30 am						FREE	*	Studio	22
Toning					8:30-9:30 am		FREE	*	Studio	22
Step	5:30-6:30 pm		5:30-6:30 pm				FREE	*	Studio	22
Step		5:30-6:30 pm		5:30-6:30 pm			FREE	*	Studio	22
Beg Step Combo		4:30-5:30 pm		4:30-5:30 pm			FREE	*	Studio	23
Yoga	9:30-10:30 am		9:30-10:30 am				FREE	*	Small Gym	23
Yoga	5:00-6:00 pm		5:00-6:00 pm				FREE	*	Miss Room	23
Instructors Choice						8:00-9:00 am	FREE	*	Studio	23
Instructors Choice						SU 1-2:00 pm	FREE	*	Studio	23
Interval Cardio		6:00-6:30 pm		6:00-6:30 pm			28	84	Wellness Center	24
Pilates Mat		7:30-8:15 am		7:30-8:15 am			28	84	Studio	24
Pilates Mat		3:30-4:15 pm		3:30-4:15 pm			28	84	Studio	24
Belly Dancing	7:30-8:30 pm						28	84	Studio	24
Kickboxing Circuit		6:30-7:30 pm		6:30-7:30 pm			28	84	Studio	24
Les Mills BodyFlow	6:30-7:30 pm		6:30-7:30 pm				28	84	Studio	24
Les Mills BodyFlow		5:30-6:30 am		5:30-6:30 am			28	84	Studio	24
Les Mills BodyFlow		9:30-10:30 am		9:30-10:30 am	9:30-10:30 am		28	84	NRG Zone	24
Les Mills BodyPump		8:30-9:15 am		8:30-9:15 am			28	84	Studio	
Les Mills BodyPump			3:30-4:15 am		3:30-4:15 am		28	84	Studio	
Les Mills BodyPump	6:30-7:30 pm		6:30-7:30 pm				28	84	Studio	
Les Mills BodyPump						10:45-11:45 am	14	42	Studio	
Cycling	5:30-6:30 am		5:30-6:30 am				25	75	NRG Zone	25
Cycling	6:00-7:00 pm						25	75	NRG Zone	25
Cycling		8:30-9:30 am		8:30-9:30 am			25	75	NRG Zone	25
Cycling		5:30-6:30 pm		5:30-6:30 pm			25	75	NRG Zone	25
Cycling						8:00-9:00 am	25	75	NRG Zone	25
Cycling - Sunday						SU 1-2:00 pm	25	75	NRG Zone	25
Zumba	9:30-10:30 am		9:30-10:30 am		9:30-10:30 am		42	126	Studio	25
Zumba		6:30-7:30 pm		6:30-7:30 pm			28	84	Small Gym	25
Zumba						9:30-10:30 am	14	42	Studio	25
Circuit Fusion		7:00-7:45 pm		7:00-7:45 pm			28	84	Mississippi Rm	25
SilverSneakers	10:45-11:30 am		10:45-11:30 am		10:45-11:30 am		FREE	3.50	Studio	26
Active for Life		9:30-10:30 am		9:30-10:30 am			FREE	3.50	Studio	26
<b>SPORTS</b>										
Tae Kwon Do	6:15-7:15 pm		6:15-7:15 pm				40	80	Mississippi Rm	33
Indoor Rowing	12-12:45 pm		12-12:45 pm				25	75	Boathouse	35
Indoor Rowing	6:30-7:15 am		6:30-7:15 am				25	75	Boathouse	35