

AT-A-GLANCE SCHEDULE

YOUTH/TEEN PROGRAMS (6 - 18 years)

* Punch Pass required

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MEM FEE	CMTY FEE	LOCATION	PG
AQUATICS										
Polliwog I			4:15-5:00 pm				28	56	Cool Pool	12
Polliwog I						10:25-11:10 am	28	56	Cool Pool	12
Polliwog II			4:15-5:00 pm				28	56	Cool Pool	12
Polliwog II						10:25-11:10 am	28	56	Cool Pool	12
ES Polliwog I		6:00-6:45 pm					48	96	Cool Pool	12
ES Polliwog I						10:25-11:10 am	48	96	Cool Pool	12
ES Polliwog II	3:45-4:30 pm						48	96	Cool Pool	12
ES Polliwog II						9:35-10:20 am	48	96	Cool Pool	12
Guppy	3:45-4:30 pm						28	56	Cool Pool	12
Guppy		6:00-6:45 pm					28	56	Cool Pool	12
Guppy						9:35-10:20 am	28	56	Cool Pool	12
ES Guppy			4:15-5:00 pm				48	96	Cool Pool	12
ES Guppy						10:25-11:10 am	48	96	Cool Pool	12
Minnow			4:15-5:00 pm				28	56	Cool Pool	12
Minnow						10:25-11:10 am	28	56	Cool Pool	12
ES Minnow	4:30-5:15 pm						48	96	Cool Pool	13
ES Minnow		6:00-6:45 pm					48	96	Cool Pool	13
Fish	4:30-5:15 pm						28	56	Cool Pool	13
Fish						9:35-10:20 am	28	56	Cool Pool	13
Flying Fish/Shark	4:30-5:15 pm						28	56	Cool Pool	13
Flying Fish/Shark						9:35-10:20 am	28	56	Cool Pool	13
Adv Stroke Techniques			4:15-5:00 pm				28	56	Cool Pool	13
Aqua Dance				6:00-7:00 pm			21	42	Cool Pool	14
YoChi		6:05-7:05					21	42	Warm Pool	14
Beg Tri Swim				7:00-7:45 pm			21	42	Cool Pool	14
Adv Tri Swim				7:50-9:00 pm			23	46	Cool Pool	14
Deep Water Ex						8:30-9:30 am	FREE	*	Cool Pool	14
Aqua Rock	6:00-7:00 pm		6:00-7:00 pm				28	56	Cool Pool	14
High Energy						8:30-9:30 am	FREE	*	Cool Pool	14
RHYTHM & MOVEMENT										
Tumbling-Beg			4:00-4:45 pm				40	80	Small Gym	15
Tumbling-Adv Beg			4:50-5:35 pm				40	80	Small Gym	15
Tumbling-Int Adv			5:45-6:30 pm				40	80	Small Gym	15
SPORTS										
Volleyball (Winter 1)		5:00-6:45 pm		5:00-6:45 pm			24	48	Large Gym	18
Tae Kwon Do	6:15-7:15 pm		6:15-7:15 pm				40	80	Mississippi Rm	18
FITNESS										
Interval Cardio		6:00-6:30 pm		6:00-6:30 pm			28	56	Wellness Center	20
Belly Dancing	7:30-8:30 pm						28	56	Studio	20
Kickboxing Circuit		6:00-7:00 pm		6:00-7:00 pm			28	56	Studio	20
Cycling	5:30-6:30 am		5:30-6:30 am				25	50	NRG Zone	21
Cycling	5:30-6:30 pm						25	50	NRG Zone	21
Cycling		5:30-6:30 pm		5:30-6:30 pm			25	50	NRG Zone	21
Cycling						8:00-9:00 am	25	50	NRG Zone	21
Cycling - Sunday						SU 1-2:00 pm	25	50	NRG Zone	21
Les Mills BodyFlow	6:30-7:30 pm		6:30-7:30 pm				28	56	Studio	21
Les Mills BodyFlow		5:30-6:30 am		5:30-6:30 am			28	56	Studio	21
Zumba		6:30-7:30 pm		6:30-7:30 pm			28	56	Small Gym	21
Zumba						9:30-10:30 am	14	28	Studio	21
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
Studio Pump			4:30-5:30 pm				FREE	*	Studio	22
Studio Pump					5:30-6:15 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	5:00-6:00 pm		5:00-6:00 pm				FREE	*	Miss Room	23
Instructors Choice						SU 1-2:00 pm	FREE	*	Studio	23