

Fitness Classes



CLASSES START ON OCTOBER 1.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-6:15AM	Spin & Strength Kristi		Spin & Strength Cody		Spin & Strength Kristi
6:00-6:30AM		Strength Katie		Strength Katie	
6:30-7:15AM	Pilates Ellie		Pilates Ellie		Pilates Ellie
6:45-7:30AM	Youth Swim Kristi	Water Aerobics Katie	Youth Swim Katie	Water Aerobics Katie	Youth Swim Kristi
7:30-8:15AM					Water Aerobics Katie
8:00-8:45AM	Spin Katie		Spin Katie		
9:00-9:45AM	Water Aerobics Carol/Jane	Water Aerobics Teresa	Water Aerobics Carol/Jane	Water Aerobics Teresa	Water Aerobics Carol/Jane
9:00-10:00AM	Pickleball		Pickleball		Pickleball
9:15-11:00AM		Stay & Play			
9:45-10:30AM	Water Volleyball Kristi	Water Volleyball Sara	Water Volleyball Katie		
9:45-11:00AM				Water Volleyball Kristi	
10:30-11:15AM	SilverSneakers Sara		SilverSneakers Sara		SilverSneakers Sara
3:45-4:30PM	Youth Swim Sara				
3:45-6:45PM			Youth Swim Sara/Bailie		
4:30-5:15PM	Strength & Core Sara	Water Aerobics Volunteer led Sondra	Strength & Core Sara	Water Aerobics Volunteer led Sondra	
5:15-6:45PM		Youth Swim Ellie		Youth Swim Ellie	

THIS SCHEDULE WILL BE RE-EVALUATED MONTHLY. ALL CLASSES ARE SUBJECT TO CHANGE.