

Fitness Classes



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-6:15am	Spin & Strength Kristi		Spin & Strength Kristi		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 Kristi	Water Aerobics Katie	Youth Swim Kristi
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
9:45-10:30am	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
2:00-3:00pm				Community Bingo 1st Thursday each month	
3:45-4:30pm	Youth Swim Sara		Youth Swim Sara		
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 Lifeguard		Youth Swim Lifeguard	

No class on Monday, September 1. Classes start September 2.
This schedule will be re-evaluated monthly.
All classes are subject to change.

