

TIME	STUDIO 1	STUDIO 2	STUDIO 3	GYM (Side 1)	GYM (Side 2)	FITNESS FLOOR	POOL
10:00-10:20am		CALLANETICS (On the Mat) with Jackie. (Tighten and shape your body while improving strength, flexibility and alignment. Please bring your mat and towel.)	ROPES GONE WILD with Reggie.	FAMILY FUN FITNESS with Sara. (A variety of fun-filled family fitness activities.)	KIDS KARATE 10:00am - 10:45am ↓	TRX with Beth. (Improve functional strength and fitness and get a full body workout on this multi-functional apparatus.)	AQUA CYCLE AND CARDIO CLASS (20 min repeating class - take one segment or more if space allows!) 10:00am - 12:00pm ↓
10:25-10:45am	KICK BUTT COMBO with Angela. (Traditional Kickboxing, punches and kicks.)	CALLANETICS (Off the Mat Standing) with Jackie. (Tighten and shape your body while improving strength, flexibility and alignment. Please bring your mat and towel.)	ROPES GONE WILD with Reggie.	FAMILY FUN FITNESS with Sara. (A variety of fun-filled family fitness activities.)	↓	TRX with Beth. (Improve functional strength and fitness and get a full body workout on this multi-functional apparatus.)	↓
10:50-11:10am	LABLAST with Jackie. (Dance fitness including ballroom and a variety of styles.)	BALANCE (Discussion) with Monique. (Challenge your mind and body while strengthening muscles and improving flexibility and alignment.)			FAMILY KARATE 10:50am - 11:40am ↓	QUEENAX with Reggie. (Improve functional strength and fitness and get a full body workout on this multi-functional apparatus.)	↓
11:15-11:35am	LABLAST with Jackie. (Dance fitness including ballroom and a variety of styles.)	BALANCE (Active Exercise) with Monique. (Challenge your mind and body while strengthening muscles and improving flexibility and alignment.)			↓	QUEENAX with Reggie. (Improve functional strength and fitness and get a full body workout on this multi-functional apparatus.)	↓
11:40-12:00pm	ZUMBA with Sandra. (Salsa, Merengue, Calypso, Cumbia, Samba and international dance styles.)	STRETCH with Debby. (Increase flexibility and range of motion. Please bring your mat and towel.)				QUEENAX with Reggie. (Improve functional strength and fitness and get a full body workout on this multi-functional apparatus.)	↓
12:05-12:25pm	ZUMBA with Sandra. (Salsa, Merengue, Calypso, Cumbia, Samba and international dance styles.)	STRETCH with Debby. (Increase flexibility and range of motion. Please bring your mat and towel.)			PICKLEBALL 12:00pm - 1:50pm ↓	QUEENAX with Reggie. (Improve functional strength and fitness and get a full body workout on this multi-functional apparatus.)	FAMILY SWIM PARTY! Free swim plus fun games and music! Please bring swim caps and a towel. All non-swimmers must wear lifejackets. Limited supply of lifejackets we - recommend you bring your own. 12:00pm - 2:00pm
12:30-12:50pm		FUNDAMENTALS OF MAT PILATES with Sowmiya. (Stabilizes the core, improves posture and strengthens the whole body. Please bring your mat and towel.)			↓	QUEENAX with Reggie. (Improve functional strength and fitness and get a full body workout on this multi-functional apparatus.)	↓
12:55-1:15pm	OLDER ADULTS FITNESS with Debby. (Strength and body conditioning exercises.)	YOGA FOR ATHLETES with Sowmiya. (Learn stretches to improve your performance. Please bring your mat and towel.)					↓
01:30-1:50pm	OLDER ADULTS FITNESS with Debby. (Strength and body conditioning exercises.)	OLDER ADULTS YOGA with Sowmiya. (Learn basic Vinyasa Flow. Please bring your mat and towel.)			↓		