

FEBRUARY SCHEDULE



- Monday–Thursday 6 a.m.–7 p.m. & Friday–Sunday 6 a.m. –6 p.m. | Classes \$20/guest & \$16/member
- Pool closed daily 10 – 10:30 a.m. for cleaning and closed 8:30–10 a.m. on days that our Aqua Tone Class is offered
- Family swim is 12 p.m. to close daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 8 a.m. Core Strong Instructor: Rose 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Macy	3 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yogalates Instructor: Rose 11 a.m. Gentle Yoga Instructor: Pauline	4 8 a.m. Body Tone Instructor: Rose 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline	5 8 a.m. Circuit Training Instructor: Rose 9:15 a.m. Pilates Instructor: Jen 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	6 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Rose	7 8 a.m. Circuit Training Instructor: Rose 8:30 a.m. Aqua Fit Instructor: Audrey
9 8 a.m. Core Strong Instructor: Rose 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Macy	10 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yogalates Instructor: Rose 11 a.m. Gentle Yoga Instructor: Pauline	11 8 a.m. Body Tone Instructor: Rose 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline	12 8 a.m. Circuit Training Instructor: Rose 9:15 a.m. Pilates Instructor: Jen 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	13 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Rose	14 8 a.m. Circuit Training Instructor: Rose 8:30 a.m. Aqua Fit Instructor: Audrey
16 8 a.m. Core Strong Instructor: Rose 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Macy	17 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yogalates Instructor: Rose 11 a.m. Gentle Yoga Instructor: Pauline	18 8 a.m. Body Tone Instructor: Rose 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline	19 8 a.m. Circuit Training Instructor: Viviana 9:15 a.m. Pilates Instructor: Viviana 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	20 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana	21 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey
23 8 a.m. Core Strong Instructor: Rose 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Macy	24 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yogalates Instructor: Rose 11 a.m. Gentle Yoga Instructor: Pauline	25 8.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline	26 8 a.m. Circuit Training Instructor: Viviana 9:15 a.m. Pilates Instructor: Jen 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	27 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana	28 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey

AQUA FIT 50 MIN High-energy, low-impact water workout for cardio and strength.	FUSION SPIN 50 MIN Cycling class with core and weight work, set to upbeat music
AQUA TONE 50 MIN Gentle water workout with light cardio, resistance, and stretching.	GENTLE YOGA 50 MIN Focuses on foundational poses to improve balance, flexibility, back health, and core strength
BEGINNER STRENGTH 50 MIN Intro to strength training focused on posture and core.	HEALING STRETCH 50 MIN Gentle stretching and mobility to support recovery.
BODY TONE 50 MIN Full-body toning with dumbbells and bodyweight exercises.	PILATES® 50 MIN Classic mat Pilates focusing on core strength and breath control.
CIRCUIT TRAINING/HIIT 45 MIN Fast-paced circuit workout to build strength and endurance.	YOGA 50 MIN All-levels flow connecting breath, movement, and mindfulness.
CORE STRONG 50 MIN Specifically targets and strengthens the deep core muscles through a combination of traditional core exercises and dynamic yoga flow.	YOGALATES 50 MIN A blend of yoga and Pilates designed to enhance core strength, flexibility, and mindfulness.