

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 a.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.

AQUA TONE | 50 MIN

Gentle water workout with light cardio, resistance, and stretching.

BEGINNER STRENGTH | 50 MIN

Intro to strength training focused on posture and core.

BODY TONE | 50 MIN

Full-body toning with dumbbells and bodyweight exercises.

CIRCUIT TRAINING/HIIT | 45 MIN

Fast-paced circuit workout to build strength and endurance.

CORE STRONG | 50 MIN

Specifically targets and strengthens the deep core muscles through a combination of traditional core exercises and dynamic yoga flow.

FUSION SPIN | 50 MIN

Cycling class with core and weight work, set to upbeat music

GENTLE YOGA | 50 MIN

Focuses on foundational poses to improve balance, flexibility, back health, and core strength

HEALING STRETCH | 50 MIN

Gentle stretching and mobility to support recovery.

PILATES® | 50 MIN

Classic mat Pilates focusing on core strength and breath control.

YOGA | 50 MIN

All-levels flow connecting breath, movement, and mindfulness.

YOGALATES | 50 MIN

A blend of yoga and Pilates designed to enhance core strength, flexibility, and mindfulness.