

JANUARY 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
			1 Happy New Year!	2 8 a.m. Body Tone Instructor: Priscilla 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana	3 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey
5 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	6 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	7 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	8 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	9 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana	10 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey
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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.