

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
12 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	13 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yogalates Instructor: Rose 11 a.m. Gentle Yoga Instructor: Pauline	14 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	15 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	16 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana	17 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey
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<p>AQUA FIT 50 MIN High-energy, low-impact water workout for cardio and strength.</p> <p>AQUA TONE 50 MIN Gentle water workout with light cardio, resistance, and stretching.</p> <p>BEGINNER STRENGTH 50 MIN Intro to strength training focused on posture and core.</p> <p>BODY TONE 50 MIN Full-body toning with dumbbells and bodyweight exercises.</p> <p>CIRCUIT TRAINING/HIIT 45 MIN Fast-paced circuit workout to build strength and endurance.</p> <p>CORE STRONG 50 MIN Specifically targets and strengthens the deep core muscles through a combination of traditional core exercises and dynamic yoga flow.</p>	<p>FUSION SPIN 50 MIN Cycling class with core and weight work, set to upbeat music</p> <p>GENTLE YOGA 50 MIN Focuses on foundational poses to improve balance, flexibility, back health, and core strength</p> <p>HEALING STRETCH 50 MIN Gentle stretching and mobility to support recovery.</p> <p>PILATES® 50 MIN Classic mat Pilates focusing on core strength and breath control.</p> <p>YOGA 50 MIN All-levels flow connecting breath, movement, and mindfulness.</p> <p>YOGALATES 50 MIN A blend of yoga and Pilates designed to enhance core strength, flexibility, and mindfulness.</p>
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