

NOVEMBER 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 8:30 a.m. Aqua Fit Instructor: Audrey
3 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Macy	4 8 a.m. Circuit Training Instructor: Tanesha 11 a.m. Gentle Yoga Instructor: Pauline	5 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline	6 8 a.m. Circuit Training Instructor: Jen 9:15 a.m. Pilates Instructor: Jen 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	7 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Julie Z. 9:15 a.m. Yoga Instructor: Pauline	8 8:30 a.m. Aqua Fit Instructor: Audrey
10 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	11 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	12 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline	13 8 a.m. Circuit Training Instructor: Jen 9:15 a.m. Pilates Instructor: Jen 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	14 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Pauline	15 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey
17 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	18 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	19 8.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline	20 8 a.m. Circuit Training Instructor: Jen 9:15 a.m. Pilates Instructor: Jen 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	21 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Pauline	22 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey
24 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	25 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	26 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline	27 8 a.m. Turkey Trot 5k	28 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Pauline	29 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.
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