

Day	Time	Program	Room
MON	6:15 - 7:00 am	Boot Camp	Gym
	9:15 - 10:00 am	Aqua Fit	MP
	12:00 - 1:00 pm	Swim Fit	MP
	12:10 - 12:50 pm	Core Strength & Stretch	Gym 1
	5:30 - 6:15 pm	Core Fit	Gym
TUES	6:15 - 7:00 am	Core Strength & Stretch	Gym
	9:15 - 10:00 am	Ball Fit	Gym
	10:15 - 11:00 am	Aqua Jog	MP
	1:30 - 2:15 pm	Forever Fit (50+)	Gym
	7:05 - 7:50 pm	Aqua Fit	MP
	7:30 - 8:15 pm	Boot Camp	Gym
WED	7:00 - 9:00 am	Swim Fit	MP
	10:00 - 10:45 am	Body Blast	Gym 2
	10:30 - 11:00 am	50+ Lessons	MP
	11:05 - 11:50 am	Aqua Jog	MP
	12:00 - 1:00 pm	Swim Fit	MP
	12:30 - 1:30 pm	Racquet Sports	Gym
	5:30 - 6:15 pm	Ball Fit	Gym
	7:15 - 8:00 pm	18+ Lessons	MP
	7:30 - 8:15 pm	Zumba®	Gym
THURS	9:15 - 10:00 am	Boot Camp	Gym
	1:30 - 2:15 pm	Forever Fit (50+)	Gym
	5:30 - 6:15 pm	Boot Camp	Gym
	6:30 - 7:00 pm	18+ Lessons	MP
	6:10 - 6:55 pm	Core Strength & Stretch	Gym
	7:05 - 7:50 pm	Aqua Fit	MP
	8:15 - 9:15 pm	Racquet Sports	Gym
	FRI	6:15 - 7:00 am	Boot Camp
8:00 - 9:00 am		Swim Fit	MP
9:15 - 10:00 am		Body Blast	Gym 2
11:05 - 11:50 am		Aqua Fit Parent & Tot	MP
12:10 - 12:50 pm		Core Fit	Gym
2:00 - 3:00 pm		Shuffleboard	Gym
SAT	9:15 - 10:00 am	Boot Camp	Gym
	3:30 - 4:00 pm	18+ Lessons	MP
SUN	9:15 - 10:00 am	Pickle Ball	Gym
	7:15 - 8:00 pm	Aqua Fit	MP

Aqua Fit

This class, held in the comfort of water, is designed for all fitness levels and is designed to improve your cardio, strength and range of motion.

Aqua Fit Parent & Tot

All are welcome! Bring along your little one for an Aqua Fit class of cardiovascular training, toning and stretching. Child accompaniment optional.

Aqua Jog

Aqua jogging mimics the movement of jogging but without the impact. This class may take place in deep or shallow areas of the main pool.

Ball Fit

Use the stability ball to improve balance, flexibility and muscular endurance. Arrive early to set-up equipment.

Body Blast

Specific muscle toning and conditioning exercises using free weights, stability balls and other fitness equipment.

Boot Camp

This low-choreography mixed impact class offers a challenge for all! Running, speed & agility work, weight training, jump rope, plyometrics and much more come together to create a powerhouse workout.

Core Fit

Strengthen your core through ab, lower back and glute exercises. This class incorporates a variety of equipment.

Core Strength & Stretch

Strengthen your core through ab and lower back exercises, finish this class with a total body stretch.

Forever Fit (50+)

This class will take you through gentle movements to music that will improve your strength and flexibility while giving you a gentle cardiovascular workout.

Racquet Sports

Come have some fun learning the basis of various racquet sports including pickle ball and badminton.

Shuffleboard (50+)

A game in which players use cues to push weighted discs, sending them gliding down a narrow and elongated court, with the purpose of having them come to rest within a marked scoring area.

Swim Fit

This program is designed to encourage fitness through structured training sessions. It provides opportunities to increase physical fitness, improve stroke techniques and receive regular coaching.

Swim Lessons (18+ / 50+)

Whether upgrading your skills or a first time swimmer, these lessons will help you meet your swimming goals. No registration required.

Zumba®

Zumba is an exciting, high energy class suitable for people of all levels. It uses a combination of dance and aerobics that incorporates salsa, samba, mambo and even belly dancing moves.