

Fitness Schedule Updated March 4, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Deep Aquafit 8:30am-9:30am Main pool		Deep Aquafit 8:30am-9:30am Main pool		
Fusion 9:45am-10:45am Fitness Studio	LIIT 9:30am-10:30am Fitness Studio	Fusion 9:45am-10:45am Fitness Studio	Cardio Sculpt 9:30am-10:30am Fitness Studio	Total Body Fit 10:00am-11:00am Fitness Studio	Pilates 9:00am-9:45am Fitness Studio	
Strength and Balance 11:00am-12:00pm Fitness Studio	Core and Stretch 10:45am-11:30am Fitness Studio	Strength and Balance 11:00am-12:00pm Fitness Studio	Pilates 10:45am-11:30am Fitness Studio	Hatha Yoga 11:15am-12:15pm Fitness Studio		
	Gentle Shallow Aquafit 11:30am-12:15pm Main pool		Gentle Shallow Aquafit 11:30am-12:15pm Main pool			
	Deep Aquafit 1:00pm-2:00pm Main pool		Deep Aquafit 1:00pm-2:00pm Main pool			
Zumba 5:30pm-6:30pm Fitness Studio	Hatha Yoga 5:30pm-6:30pm Fitness Studio					

To avoid disappointment, please sign up for class at the front desk up to 30min before the start time. Classes fill up fast! Fitness classes do not run on stat holidays. This schedule is subject to change.

For the most up to date schedule information follow us on Facebook and Instagram