

# Registered Fitness Schedule Effective: Jul 3-Sep 1

Instructors and schedule may change without notice.

No Class Aug 7

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15-7:00am		Early Morning Spin		Early Morning Spin	
12:15-1:00pm	Aqua Yoga		Aqua Yoga		
1:15-2:15pm	Yin Yoga		Yin Yoga		
4:25-5:25pm	Trim & Tone	Tabata	Flip the Deck		
5:00-6:00pm					
5:35-6:35pm				Summer Yoga	
6:45-7:30pm		Spin Blaster		Spin Blaster	
7:00-8:00pm	Hatha Yoga				
7:30-8:15pm			Spin Blaster		
8:15-9:15pm			Evening Aqua Fitness		

New!

### PROGRAM LOCATION KEY

J: Johnson Room MP: Main Pool  
 B: Bentley Room RP: Round Pool  
 C: Circuit Room PD: Pool Deck  
 M: Multi-purpose Room

## Registered Fitness Programs



### Water Classes

#### Aqua Yoga (RP)

Enjoy the calming effects of this warm water yoga class which includes cardio, strength and flexibility that will integrate body, mind and spirit. You'll leave feeling revitalized, lengthened and relaxed.

INSTRUCTOR: **Karla**

7654	M	Jul 3-31	12:15-1:00pm	5/\$42
7655	M	Aug 14-28	12:15-1:00pm	3/\$26
7656	W	Jul 5-26	12:15-1:00pm	4/\$34
7657	W	Aug 2-30	12:15-1:00pm	5/\$42



New!

#### Evening Aqua Fitness (MP)

No matter your fitness level, you can develop your strength, cardio and agility in this no impact, high-energy class.

INSTRUCTOR: **Natasha**

7702	W	Jul 5-Aug 30	8:15-9:15pm	9/\$48
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Space is Limited.  
Don't Delay, Register Today.

### Spin/Cycle

#### Early Morning Spin (M)

This spin class is for everybody and every fitness level. We'll focus first on spin, finishing with some core work followed with a stretch!

INSTRUCTOR: **Alicia**

7707	Tu	Jul 4-25	6:15-7:00am	4/\$34
7708	Tu	Aug 1-29	6:15-7:00am	5/\$42
7709	Th	Jul 6-27	6:15-7:00am	4/\$34
7710	Th	Aug 3-31	6:15-7:00am	5/\$42

#### Spin Blaster (M)

Spin your way through climbs, rolling hills, sprints and intervals. This is a great way to burn calories and increase endurance. Followed with a stretch.

INSTRUCTORS: **Marni/Alicia (Tu) Frances (W) Natasha (Th)**

7689	Tu	Jul 4-25	6:45-7:30pm	4/\$34
7690	Tu	Aug 1-29	6:45-7:30pm	5/\$42
7691	W	Jul 5-26	7:30-8:15pm	4/\$34
7692	W	Aug 2-30	7:30-8:15pm	5/\$42
7705	Th	Jul 6-27	6:45-7:30pm	4/\$34
7706	Th	Aug 3-31	6:45-7:30pm	5/\$42



### Early Bird Bonus!

Sign up one week prior to the registered fitness program start date and receive **\$5 off!**

Must call in to register to receive the Early Bird Bonus.

Health & Wellness Workshops and Specialty programs are excluded.