

## MONDAY, SEPTEMBER 18:



5:15AM-Body Pump (45 Min) Michele  
5:30AM-Lap Swim (135 Min)  
6:30AM-TRX (30 MIN) Emily F  
8:00AM-Early Bird Water Fitness (60 Min) Raymond  
8:00AM-11:45PM-Pick-up Pickleball (Gym 2)  
8:30AM-Body Pump (60 Min) Stacey  
9:15AM-Aqua Fun and Fit Water Fitness (60 Min) Shar  
9:30AM-Morning Yoga (30 Min) Stacey  
10:00AM-12:00PM BIG Bounce House for Kids (Gym 1)  
10:15AM-11:15AM Self-Guided Adult Swim  
10:30AM-S.A.I.L. (Stay Active & Ind. for Life) (60 Min) Stacey  
11:30AM-2PM Lap Swim/General Exercise  
12:00PM-1:00pm-Pick Up Basketball (Gym 2)  
12:00PM-1:00PM Falls Prevention Week Kickoff Webinar  
4:00PM-5:00PM Open/Lap Swim  
5:00PM-Pilates (45 Min) Jackie  
5:15PM Aqua Energy Water Fitness (60 Min) Mary  
5:15PM Open Swim Shallow End Only (60)  
5:30-7:30PM-BIG Bounce House for Kids (Gym 1)  
6:30PM-Open Swim (90 Min)

## TUESDAY, SEPTEMBER 19:

5:30AM-9:40AM-Lap Swim  
8:00AM-Functional Fitness (60 Min) Jackie  
8:00AM-9:40AM Self-Guided Adult Swim  
8:30AM Group Cycling (45 Min) Stacey  
9:00AM-11:45PM Pick Up Pickleball (Gym 2)  
9:45AM-Aqua Energy (60 Min) Betsy  
9:00AM-12:00PM-BIG Bounce House for Kids (Gym 1)  
9:30AM-Tighten and Tone (30 Min) Stacey  
10:00AM-Open Room TRX  
10:00AM-11:00AM Equipment Orientations  
10:30AM Chair Yoga (45 Min) Tam  
12:10PM-12:50PM Power Hour Yoga Tam  
2:30PM-3:30PM Cards/Game Time  
4:00-8:00PM Open Swim (15 Min Safety break @6:15)  
5:00PM-Insanity with weights (50 Min) Myron/Laura  
5:30-7:30PM-BIG Bounce House for Kids (Gym 1)  
5:30PM-6:30PM- Equipment Orientations  
6:00PM-8:30PM- Pick Up Pickleball (Gym 2)

## WEDNESDAY, SEPTEMBER 20:

5:15AM-Body Pump (45 Min) Dane  
5:30AM-Lap Swim (135 Min)  
6:30AM-TRX Class (30 Min) Emily F  
8:00AM-11:45PM-Pick-up Pickleball (Gym 2)  
8:00AM Early Bird Water Fitness (60 Min) Raymond  
8:30AM Body Pump (60 Min) Stacey  
9:00AM-12:00PM-BIG Bounce House for Kids (Gym 1)  
9:15AM Aqua Fun and Fit Water Fitness (60 Min) Shar  
9:30AM-Morning Yoga (30 Min) Stacey  
10:15AM-11:15AM Self-Guided Adult Swim  
10:30AM S.A.I.L. (Stay Active & Ind. for Life) (60 Min) Stacey

11:30AM-2PM Lap Swim/General Exercise  
12:00PM-1:00PM Falls Prevention webinar: Protecting Yourself  
12:00PM-1:00pm Pick Up Basketball (Gym 2)  
4:00PM-6:15PM Open/Lap Swim  
5:00PM-Pilates (45 Min) Jackie  
5:15PM Aqua Energy Water Fitness (60 Min) Cate  
5:30-7:30PM BIG Bounce House for Kids (Gym 1)  
6:30PM-Open Swim/Lap Swim (90 Min)

## THURSDAY, SEPTEMBER 21:

5:15AM Cycling (60 Min) Dane  
5:30AM-9:40AM-Lap Swim  
8:00AM-9:40AM Self-Guided Adult Swim  
8:00AM Functional Fitness (60 Min) No Instructor  
8:00AM-11:45PM-Pick-up Pickleball Gym 2  
8:30AM Group Cycling (45 Min) Stacey  
9:00AM-12:00PM-BIG Bounce House for Kids (Gym 1)  
9:30AM-Tighten and Tone (30 Min) Stacey  
10:00AM-Open Room TRX (60 Min)  
9:45AM Aqua Energy (60 Min) Betsy  
10:00AM-11:00AM Equipment Orientations  
10:30AM-Chair Yoga (45 Min) Tam  
11AM-2PM Lap Swim/General Exercise  
12:10PM-12:50PM-Power Hour Yoga Tam  
2:30PM-3:30PM Cards/Game Time  
4:00-8:00PM Lap Swim/Open Swim (Break 6:15-6:30)  
5:00PM-Insanity with weights (50 Min) Laura/Myron  
5:30PM-6:30PM- Equipment Orientations  
6:15PM-Hatha Based All Levels Yoga (45 Min) Tam  
6:00PM-8:30PM- Pick-up Pickleball (Gym 2)

## FRIDAY, SEPTEMBER 22:

5:15AM Body Pump (45 Min) Dane  
5:30AM-Lap Swim (135 Min)  
8:00AM Early Bird Water Fitness (60 Min) Raymond  
8:30AM Body Pump (60 Min) Stacey  
8:00AM-12:45PM Pick Up Pickleball  
9:15AM Aqua Fun and Fit Water Fitness (60 Min) Shar  
9:30AM Morning Yoga (30 Min) Stacey  
10:15AM-11:15AM Self-Guided Adult Swim  
10:30AM S.A.I.L. (Stay Active & Ind. for Life) (60 Min) Tam  
11:30AM-2PM Lap Swim/General Exercise  
12:00PM-1:00PM Pick Up Basketball  
4:00-7:30PM Lap Swim/Open Swim (Break 6:15-6:30)  
6:00PM-8:30PM- Pickleball

## SATURDAY, SEPTEMBER 23:

6:30AM-3PM Lap Swim/Open Swim  
8:00AM Insanity (50 Min) Laura/Myron  
9:00AM Morning Yoga (45 Min) Tam  
9:00AM-11:00PM Pickleball  
9:30-3:00PM Open Swim (15 Min Safety break @12:00PM)