

## Monday

### Group Ex

<u>TIME</u>	<u>CLASS</u>	<u>TEACHER</u>	<u>ROOM</u>
10:30-11:15am	Zumba	Auset	GX2
11:30-12:15pm	AOA - Chair Fit	Tamila	GX1
4:00-6:00pm	Pickleball		GYM
5:45-6:30pm	Sculpt & Core	Tamila	GX1

### Pool

<u>TIME</u>	<u>ACTIVITY</u>
8:00-8:45am	Aqua Fitness
9:00-9:45am	Aqua Fitness
10:00am-12:00pm	Family Swim
4:00-6:30pm	Swim Team
5:15-6:30pm	Swim Lessons
6:45-7:30pm	Lap Swim

## Wednesday

### Group Ex

<u>TIME</u>	<u>CLASS</u>	<u>TEACHER</u>	<u>ROOM</u>
10:30-11:15am	Low Impact	Lauren	GX1
11:30-12:15pm	AOA - Chair Fit	Tamila	GX1
4:00-6:00pm	Pickleball		GYM
5:45-6:30pm	Cardio Strength Intervals	Robbie	GX1

### Pool

<u>TIME</u>	<u>ACTIVITY</u>
8:00-8:45am	Aqua Fitness
9:00-9:45am	Aqua Fitness
10:00am-12:00pm	Family Swim
4:00-6:30pm	Swim Team
5:15-6:30pm	Swim Lessons
6:45-7:30pm	Lap Swim

## Friday

### Group Ex

<u>TIME</u>	<u>CLASS</u>	<u>TEACHER</u>	<u>ROOM</u>
10:45-11:30am	Strength	David	GX1
11:30-12:30pm	AOA - Chair Yoga	Ocean	GX2
4:00-6:00pm	Pickleball		GYM

### Pool

<u>TIME</u>	<u>ACTIVITY</u>
9:00-9:45am	Aqua Fitness
10:00am-12:00pm	Family Swim
4:00-6:30pm	Swim Team
6:45-7:30pm	Lap Swim

## Tuesday

### Group Ex

<u>TIME</u>	<u>CLASS</u>	<u>TEACHER</u>	<u>ROOM</u>
9:00-11:00am	Pickleball		GYM
11:30-12:15pm	AOA - Chair Fit	David	GX1
12:30-1:30pm	Yoga	Ocean	GX1
5:30-6:15pm	Yoga	Bee	GX2
6:00-7:00pm	COMMIT Dance Fit	Tiffancy	GX1

### Pool

<u>TIME</u>	<u>ACTIVITY</u>
8:00-10:00am	Lap Swim
10:00-10:30am	SAW Groups
10:30am-12:00pm	Family Swim
4:00-6:30pm	Swim Team
5:15-6:30pm	Swim Lessons
6:45-7:30pm	Aqua Fitness

## Thursday

### Group Ex

<u>TIME</u>	<u>CLASS</u>	<u>TEACHER</u>	<u>ROOM</u>
9:00-11:00am	Pickleball		GYM
11:30-12:15pm	AOA - Chair Fit	John	GX2
6:00-6:45pm	Xtreme Hip Hop	Terresa	GX2

### Pool

<u>TIME</u>	<u>ACTIVITY</u>
8:00-10:00am	Lap Swim
10:00-10:30am	SAW Groups
10:30am-12:00pm	Family Swim
4:00-6:30pm	Swim Team
5:15-6:30pm	Swim Lessons
6:45-7:30pm	Aqua Fitness

## Saturday

### Group Ex

<u>TIME</u>	<u>CLASS</u>	<u>TEACHER</u>	<u>ROOM</u>
8:00-8:45am	Cycle	Temeckia	GX2
10:30-11:30am	Yoga	Brandye	GX2
10:45-11:45am	Xtreme Hip Hop	Terresa	GX1
12:00-2:00pm	Pickleball		GYM

### Pool

<u>TIME</u>	<u>ACTIVITY</u>
9:00-10:00am	Aqua Fitness
10:00-2:00pm	Family Swim

**Reservations for Group Ex Classes are made through the MindBody App or at [mindbodyonline.com](http://mindbodyonline.com)**