

September & October 2018

Group Fitness & Aquatic Schedule

HOURS OF OPERATION
 Monday - Friday 5 am - 8 pm
 Saturday 8 am - 2 pm
 Sunday 1 pm - 5 pm

| | | Mondays | | Tuesdays | | Wednesdays | | Thursdays | | Fridays | | Saturday | | |
|-------------------|------------|--|--|--|------------------------------------|---|--|---|--|---|----------|---|---|--|
| TIME | | Group Fitness | AQUATICS | Group Fitness | AQUATICS | Group Fitness | AQUATICS | Group Fitness | AQUATICS | Group Fitness | AQUATICS | Group Fitness | AQUATICS | |
| MORNING | 5:05 am | | | Cardio Blast Alex (60 min) A | | | | | | Sculpting Susie (55min)A | | | | |
| | 8:15 am | STEP & Tone Kelly (45 min) A | | | | SPIN exercise program Chrissy (45 min)A | | Transform Julie (45 min) A | | GROUP Rx: Step Video Studio (55 min) | | | | |
| | 8:30 am | | | Beginner Sculpting Tina (45 min) A | Silver AQUACISE Andrea (60 min) | ZUMBA fitness Candice (60 min)S | Aqua Body Conditioning Andrea (60min) | | Silver AQUACISE Andrea (60 min) | | | | | |
| | 9:00 am | | | | | Sculpting Chrissy (45 min) A | | | | | | | | |
| | 9:15 am | Seated Aerobics Fit Staff (60 min) B | Aqua Body Conditioning Kelly (60 min) | | | Seated Aerobics Tina (60 min) B | | | | Seated Aerobics Fit Staff(60 min) B | | ZUMBA fitness Natesha (60 min) S | | |
| | 9:30 am | | | INTRO to Weight Room Fit Staff (45 min) | | | | BOSU: Core Synergy video Studio (60min) | | | | YOGA Barbara (60min) B | | |
| AFTERNOON/EVENING | 12:00 noon | SPINNING: Burn Video Studio (70 min) | Hydro Power Tina (60 min) | | | | Hydro Power Tina (60 min) | | | SPINNING: Cali Ride Video Studio (65min) | | | | |
| | 4:15 pm | INTRO to Weight Room Fit Staff (45 min) | | STEP Julie (45 min) S | | | | | | | | Where are the classes? A= Room #130 aerobic room B = Room #118 yoga room S= Room #150 studio classroom T= indoor track | | |
| | 4:30 pm | | | SPIN exercise program Lisa (45 min)A | | GROUP Rx: WAR Video Studio (55 min) | | SPIN exercise program Dara (45 min) A | | | | | | |
| | 5:00 pm | HIIT Rachelle (50 min)A | | SPEED N STRENGTH Tween Fit 4:45-5:30 | | HIIT Rachelle (50 min)A | | SPEED N STRENGTH Tween Fit 4:45-5:30 | | | | | AGE REQUIREMENTS: 1) Tween classes 9-13 years old. 2) Aerobic Class participants must be 12 years of age or older. Parent/guardian must attend class with 12-13 year olds. | |
| | 5:20 pm | | | Sculpting Rachelle (50 min)A | | | | Ab Zone Dara (30 min) A | | | | | | |
| | 5:50 pm | SPIN exercise program Lisa (45 min)A | | | | SPIN exercise program Rachelle (45min)A | | | | | | | | |
| | 6:00 pm | YOGA Rachelle (60min)B | | | Aqua Fit Xtreme Julie (60 min) | YOGA Marissa (60min)B | | YOGA Kristi (60min) B | Aqua Fit Xtreme Alexandria (60 min) | | | | VIDEO CLASSES!! All video classes located in New Studio with wall of televisions. | |
| | 6:15 pm | | | ZUMBA fitness Jakoby(60min)S | | | | ZUMBA fitness Elizabeth(60min)S | | | | | Labor Day SPAR Rec & Aqua Center open normal hours 5:00am-8:00pm Classes cancelled. Kid Zone closed | |
| | 7:00 pm | GROUP Rx: WAR Video Studio (55 min) | | | | | | | | | | | | |