

# Class Schedule 03/04/2024

## Pool Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00						<b>CLOSED</b>
7:00-8:00						
8:00-9:00						
9:00-10:00	Water Aerobics with Stephen		Water Aerobics with Stephen		Water Aerobics with Bryce	BABY BEARS
10:00-11:00	Water Aerobics with Bryce	Water Aerobics with Lauren	Water Aerobics with Lauren	Water Aerobics with Lauren	Water Aerobics with Bryce	POOL AREA RESERVED
11:00-12:00						
12:00-1:00						
1:00-2:00						
2:00-3:00						
3:00-3:30						<b>CLOSED</b>
3:30-4:00	Fish Factory		Fish Factory			
4:00-5:00	POOL AREA OPEN		POOL AREA OPEN			
5:00-5:30		Water Yoga with Bryce				
5:30-6:00				Pool-laties with Stephen		
6:00-6:30						
6:30-7:00						
7:00-8:00						

**Water Aerobics  
Classes**

**Children's Swim  
Classes**

**\*Instructors may be teaching children private swimming lessons in any of the pools, except lunch break between 1:30-2:30 if there are no pool classes at that time.**

# Class Schedule 03/04/2024

## Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00						<b>CLOSED</b>
7:00-8:00						
8:00-9:00						
9:00-10:00						JKA Karate
10:00-11:00	Advanced Barre with Gillian	Intermediate Barre with Gillian		Beginner Barre With Gillian	FUNDamentals of Exercise with Gillian	
11:00-12:00	Chair with Bryce	Chair with Jordan	Chair with Bryce	Chair with Jordan	Chair with Gillian	
12:00 - 12:15	(11:45) Stretch and Relax with Bryce	Yoga With Bryce	Yogalates with Karisa	Yoga With Bryce	Pilates Fundamentals with Karisa	
12:15-1:00						
1:00-2:00						
2:00-3:00						
3:00-4:00						<b>CLOSED</b>
4:00-5:15						
5:15-5:45	Boot Camp with Phillip (30 min.)	Stretching with Jordan	Fast Track with Phillip (30 min.)			
5:45-6:00				Medical Fitness with Karisa		
6:00-6:45		JKA Karate				
6:45-7:00						
7:00-8:00						

Cardio Classes	Balance and Strength	Pilates Classes	Chair Classes
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