

# Group Fitness Schedule: September 8 – December 18, 2020



## Aquatic Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Combo Aqua Fit</b> 8 – 8:45 am Leisure Pool Nick	<b>Combo Aqua Fit</b> 8 – 8:45 am Leisure Pool Carleigh	<b>Combo Aqua Fit</b> 8 – 8:45 am Leisure Pool Nick	<b>Combo Aqua Fit</b> 8 – 8:45 am Leisure Pool Carleigh	<b>Combo Aqua Fit</b> 8 – 8:45 am Leisure Pool Nick	<b>Combo Aqua Fit</b> 8:15 – 9 am Leisure Pool Rachael/Carleigh	<b>Combo Aqua Fit</b> 8:15 – 9 am Leisure Pool Carleigh
<b>Gentle Aqua Fit</b> 8:15 – 9 am Therapy Pool Carleigh	<b>Gentle Aqua Fit</b> 8:15 – 9 am Therapy Pool Paulina	<b>Gentle Aqua Fit</b> 8:15 – 9 am Therapy Pool Paulina	<b>Gentle Aqua Fit</b> 8:15 – 9 am Therapy Pool Nick	<b>Gentle Aqua Fit</b> 8:15 – 9 am Therapy Pool Megan	<p><b>Class Information</b></p> <p><b>Combo Aqua Fit Max:</b> 20 participants</p> <p><b>Gentle Aqua Fit Max:</b> 8 participants</p> <p><b>Land Fitness Class Max:</b> 15 participants</p> <p><b>*Hatha Yoga:</b> please bring your own yoga mat.</p> <p>First come, first serve</p> <p>Please maintain physical distancing during class and wear a mask until you begin exercising.</p>	
<b>Combo Aqua Fit</b> 9 – 9:45 am Leisure Pool Nick	<b>Combo Aqua Fit</b> 9 – 9:45 am Leisure Pool Greg	<b>Combo Aqua Fit</b> 9 – 9:45 am Leisure Pool Paulina	<b>Combo Aqua Fit</b> 9 – 9:45 am Leisure Pool Nick	<b>Combo Aqua Fit</b> 9 – 9:45 am Leisure Pool Megan		
<b>Gentle Aqua Fit</b> 9:15 – 10 am Therapy Pool Carleigh	<b>Gentle Aqua Fit</b> 9:15 – 10 am Therapy Pool Paulina	<b>Gentle Aqua Fit</b> 9:15 – 10 am Therapy Pool Nick	<b>Gentle Aqua Fit</b> 9:15 – 10 am Therapy Pool Greg	<b>Gentle Aqua Fit</b> 9:15 – 10 am Therapy Pool Paulina		
<b>Combo Aqua Fit</b> 6:15 – 7 pm Leisure Pool Greg	<b>Combo Aqua Fit</b> 7:15 – 8 pm Leisure Pool Nick		<b>Combo Aqua Fit</b> 7:15 – 8 pm Leisure Pool Caroline			

## Land Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycling</b> 6:30 – 7:15 am Gym A Rachael		<b>Cycling</b> 6:30 – 7:15 am Gym A Rachael			<b>Cycling</b> 8 – 8:45 am Gym A Denis/Becky	<b>Bootcamp</b> 9:15 – 10:15 am Gym A Carleigh
<b>Low &amp; Sculpt</b> 9:15 – 10:15 am Gym C Sarah	<b>Yoga Fusion*</b> 9:15 – 10:15 am Gym C Carleigh	<b>Low &amp; Sculpt</b> 9:15 – 10:15 am Gym C Carleigh	<b>Yoga Fusion*</b> 9:15 – 10:15 am Gym C Carleigh	<b>Low &amp; Sculpt</b> 9:15 – 10:15 am Gym C Greg	<b>HIIT</b> 9:15 – 10:15 am Gym A Rachael/Carleigh	
	<b>TBC</b> 5:30 – 6:30 pm Gym C Danielle		<b>Cardio &amp; Core</b> 5:30 – 6:30 pm Gym C Caroline		<b>Hatha Yoga*</b> 10:30 – 11:30 am Gym A Rotational	
<b>Bootcamp</b> 7 – 8 pm Gym A Ray	<b>Hatha Yoga*</b> 7 – 8 pm Gym A Jodi	<b>Bootcamp</b> 7 – 8 pm Gym A Ray				