

## Fitness Schedule

Adult & AOA Fitness Schedule –Summer I: June 17th – August 25th

B:30 AM (GYM) Stretch & Strengthen (Yoga)  9:00 AM (Cole Pool) (Cole Pool) (Cole Pool) Pool Fitness  9:15 AM (GYM) (GYM) (Cole Pool) (Cole Pool) (Cole Pool) (Cole Pool) (Cole Pool) (GYM)	Time	Mon	Tues	Wed	Thurs	Fri
TRX-Cost	6:00 AM					
1030 AM	7:00 AM		YOGA (GP) Cost	wednesday wake-op	YOGA (GP) Cost	
Signar   Signar   Street   S	7:45AM	*Yoga Stretch	women strength	*Yoga Stretch	women strength	*Yoga Stretch
Signature   Streeth & Strengthen (Yoga)   Piloxing Barre Pool Fitness   Piloxing Barre Pool Fitness   Piloxing Barre Pool Fitness   Pool Fi	8:15 AM		**FIT AFTER 50	-	**FIT AFTER 50	-
Signar   S			Stretch & Strengthen (Yoga) *Piloxing Barre	(GYM) Pool Fitness	Stretch & Strengthen (Yoga)	
3:15 AM						
11:00	9:15 AM	Group Cycling (GP)				Group Cycling (GP)  *TRX Cost 9:20AM Poolates
10:30 AM	9:30 AM	_	Cardio/Core & Strength	•		*Piloxing
10:30 AM	9:45 AM		Cost *Women Strength		Cost *Women Strength	
AM	10:30 AM	Strong II	Poolates Deep End **10:35AM	Strong II	Poolates Deep End **10:35AM	Strong II
11:30 AM   **Progressive Tai Chi (GP)   **Progressive Tai Chi (GP)   **Progressive Tai Chi (GP)     12:00 PM		(GP)		(GP)		**Beginner Tai Chi (GP)
12:00 PM Therapy Swim AOA Pool Fitness (Small Pool)  3:15PM ACIVE Together (Gym) POOLATES  Active Together (Gym) Body Shaping Pilxoing 1st Tues of each month *TRX Cost Group Cycling (GP) *TRX Cost Play Swim Therapy Swim Therapy Swim AOA Pool Fitness  6:05PM Coup Cycling (GP) *TRX Cost Play Swim Yoga (GP) Therapy Swim Yoga (GP) T		**Progressive Tai Chi		**Progressive Tai Chi		**Progressive Tai Chi (GP)
PM   Tai Chi Parkinson   (Small Pool)    3:15PM   4:00PM   M.I.G.H.T.Y    5:10PM   POOLATES   Body Shaping   Active Together (Gym)   Body Shaping   Flixoing 1st Tues of each month *TRX Cost    6:05PM   Coup Cycling (GP)   *TRX Cost    6:05PM   Zumba (Gym)   Yoga (GP)    7 Yoga (GP)   Trit 8-10yrs   Therapy Swim Mon. / Wed. /Fri. (Small Pool)	12:00	YOGA (GP)		YOGA (GP)		
Active Together (Gym)   Body Shaping Pilxoing 1st Tues of each month *TRX Cost   Flarge Pool Fitness	PM					
5:10PM     POOLATES       Active Together (Gym)     Body Shaping Pilxoing 1st Tues of each month *TRX Cost     Active Together (Gym)     Body Shaping Pickleball GYM       6:05PM     *Large Pool Fitness     *TRX Cost     *TRX Cost       Zumba (Gym)     Zumba (Gym)     Zumba (Gym)       Yoga (GP)     Yoga (GP)     Yoga (GP)       Jr Fit 8-10yrs     Jr Fit 8-10yrs     NEW* Pound (GP) Kids Sword Play   *NEW* Pound (GP) Kids Sword Play *NEW* Pound (GP) Kids Sword Play *NEW* Pound (Small Pool)			MICHTY			
Active Together (Gym)  Filxoing 1st Tues of each month TRX Cost  Cost  TRX Cost  TRX Cost		POOLATES	м.н.д.п.т.			
6:05PM *Large Pool Fitness *Large Pool Fitness  Zumba (Gym)  Yoga (GP)  Jr Fit 8-10yrs  *Large Pool Fitness  Zumba (Gym)  Yoga (GP)  Yoga (GP)  Therapy Swim Mon. / Wed. /Fri. (Small Pool)		Active Together (Gym)	Pilxoing 1st Tues of each month	(Gym)		
Zumba (Gym)  Yoga (GP)  Jr Fit 8-10yrs  Zumba (Gym)  Yoga (GP)  Yoga (GP)  Sids Sword Play  Therapy Swim Mon. / Wed. /Fri. (Small Pool)	6.05PM	_		_	*Large Dool Fitness	
PM Yoga (GP) Yoga (GP) Kids Sword Play (Small Pool)  Jr Fit 8–10yrs		Zumba (Gym)	Large Poor Fitness	Zumba (Gym)		
7:15PM *TRX Cost						
	7:15PM		*TRX Cost			

Set up and breakdown of equipment & exiting the room is included in this one hour time.

You may take a class anytime, any day during the session. Members age 12 & 13 and up with a parent may attend classes, (except for regular cycling & poolates). Registration is encouraged in case of change and limited space.

Denotes\*45 minutes/\*\*30 minutes class times TRX drop in for members only \$5.00