



GROUP FITNESS SCHEDULE Fall II 2020 (October 26-December 21)



Time/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-9:45 AM	Pickle Ball Aux Gym	Pickle Ball Aux Gym	Pickle Ball Aux Gym	Pickle Ball Aux Gym	Pickle Ball Aux Gym	
7:00 - 7:45 AM	Stretch MPR		Stretch MPR		Gentle Stretch (7-7:30) MPR (Jeff)	
8:45 - 9:30 AM	Aqua Exercise Pool Shallow	Aqua Jogging Pool Deep	Aqua Exercise Shallow Deep Water Exercise	Aqua Jogging Pool Deep	Aqua Exercise Shallow Deep Water Exercise	
9:00-9:45 AM		Cardio Kick Boxing MPR (Kristia)				
9:15-10:15 AM						Zumba ® MPR (Nickole)
9:30-10:15 AM	Barre Fitness MPR (Kristia)		Barre Fitness MPR (Kristia)			
10:15 - 11:15 AM		Yoga Aux(Robin)		Yoga Aux (Robin)		
10:30 - 11:15 AM	SS Classic Aux Gym (Kristia)		SS Classic Aux Gym (Kristia)			
12:00-12:45 PM		Home School Aux Gym				
4:15-5:00 PM		PiYo MPR (Kristia)				
4:45-5:45 PM			HCC Yoga MPR			
5:15-6:00 PM		Body Workshop MPR (Erica)				
5:30-6:15 PM		Aqua Wet Workout Pool (Deb)	Aquarobics Pool (Dovie)	Aqua Wet Workout Pool (Deb)		
5:30-6:25 PM	Yoga MPR (Robin)					
	Boot Camp LL (Paula)		Boot Camp LL (Shanelle)			
6:00-6:45 PM						
6:30-7:30 PM	Strong by Zumba ® MPR (Nickole)	Zumba ® MPR (Nickole)		Zumba ® MPR (Nickole)		
6:30-8:00 PM		Tae Kwon Do Aux Gym		Tae Kwon Do Aux Gym		

Group Fitness Classes are Free to Members. Members MUST register for classes.

Multi-purpose Room Capacity is 16 participants per class

NOTE: Please be aware that our pool is a multi-use pool with several activities occurring at the same time.