



## GROUP FITNESS SCHEDULE Winter II 2023 (Feb 27 - April 22)

Lower Level & Pool



Time/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:30-7:30 AM</b>		HIIT With Bill Lower Level		HIIT With Bill Lower Level		
<b>7:15-8:30 AM</b>						HIIT with Bill Lower Level
<b>8:15-9:00 AM</b>	Aqua Exercise Pool Shallow		Aqua Exercise Pool Shallow		Aqua Exercise Pool Shallow	
<b>8:30-9:15 AM</b>						
<b>9:00-9:45 AM</b>	Deep Water Exercise Pool Deep	Deep Water Exercise Pool Deep	Deep Water Exercise Pool Deep	Deep Water Exercise Pool Deep	Deep Water Exercise Pool Deep	
<b>2:30-3:15 PM</b>						
<b>4:30-5:15 PM</b>						
<b>5:30-6:30 PM</b>	Boot Camp Lower Level		Boot Camp Lower Level			
<b>5:30-6:15 PM</b>		Aqua Wet Workout Pool	Aquarobics Pool	Aqua Wet Workout Pool		
<b>6:00-6:45 PM</b>						
<b>6:15-7:45 PM</b>	Tae Kwon Do Lobby Room		Tae Kwon Do Lobby Room			

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

**\*All classes are REQUIRED to have a minimum of 8 participants attending class.**

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