

Group X Schedule

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	
6:15am	Spin^		Spin^		Spin^	8:30am	Zumba
	Jean		Jean		Jean		Lucy
8:15am	Zumba	Strength	Strength	Zumba	Strength	10:00am	Int. Interval
	Angela	Angela	Angela	Angela	Angela		Melissa
9:45am	Yoga		Zumba	Spin^	Zumba	<p>Group X</p> <ol style="list-style-type: none"> All Group X classes are limited to 35 participants unless indicated otherwise by ^ Participants must reserve their spot in class by calling the Rec Center up to one week in advance Social distance must be maintained <p>Classes with ^ are limited to 12.</p>	
	Tomomi		Yezmi	Jean	Yezmi		
11:15am	Pilates		Qi Gong		Yoga		
	Sharon		Cheryl		Tomomi		
12:45pm	Spin/HIIT^		Yoga	Spin/HIIT^			
	Laurie		Tomomi	Laurie			
5:15pm		Tabata	Strength	Tabata			
		Melissa	Angela	Melissa			
6:45pm	Qi Gong	Zumba		Zumba			
	Cheryl	Yezmi		Yezmi			

Water Aerobics Schedule

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	
8:00am	Shallow	Shallow	Shallow	Shallow	Shallow	8:15am	Shallow
	Jean	Jean	Jean	Jean	Jean		rotating
9:30am	Shallow	Shallow	Shallow	Shallow	Shallow	<p>Water Aerobics</p> <ul style="list-style-type: none"> - Max of 15 ppl for Aqua Shallow - Max of 12 ppl for Aqua Deep <ol style="list-style-type: none"> Participants must reserve their spot in class by calling the Rec Center no more than 24 hrs in advance (Monday classes may be reserved on Friday or Saturday, we are closed on Sundays) 	
	Jean	Renee	Jean	Renee	Jean		
12:30pm	Shallow	Shallow	Shallow	Shallow	Shallow		
	Michelle	Jean	Jean	Michelle	Michelle		
5:30pm	Shallow	Shallow	Shallow	Shallow			
	Carmen	Carmen	Carmen	Carmen			
5:30pm	Aqua Deep	Aqua Deep	Aqua Deep	Aqua Deep			
	Jean	Jean	Renee	Jean			

Lap Swim Schedule

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	
6:30am	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8:30am	8 Lanes
7:30am	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	9:30am	8 Lanes
8:30am	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	10:30am	8 Lanes
9:30am	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	11:30am	8 Lanes
10:30am	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	12:30am	8 Lanes
11:30am	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes		
12:30am	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes		
1:30pm	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes		
2:30pm	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes		
3:30pm	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes		
4:30pm	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes		
5:30pm	*4 Lanes	*4 Lanes	*5 Lanes	*4 Lanes	8 Lanes		
6:30pm	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes		

Lap Swim

- 1 person per lane
- 1 hour blocks

Self-Directed Water Fitness Schedule

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	
6:30am	15 people	9:30am	15 people				
10:30am	15 people	10:30am	15 people				
11:30am	15 people	11:30am	15 people				
1:30pm	15 people	12:30pm	15 people				
2:30pm	15 people						
3:30pm			15 people		15 people		
4:30pm			15 people		15 people		
5:30pm					15 people		
6:30pm			15 people		15 people		

Self-Directed Water Fitness

- In Lesisure Pool
- 1 hour blocks

Pickleball Schedule

Monday	Tuesday	Wed	Thursday	Friday	Saturday
	9:30a - 11a	8:30a - 12p	8:30a - 12p	8:30a - 12p	8:30 - 10:30a
11a - 1:30p	11a - 1:30p				11a - 1p
1:45 - 3:45p					
4 - 6p					

Pickleball
 - 2 courts
 - 12 person limit

Weightroom Schedule

	Monday	Tuesday	Wed	Thursday	Friday	Saturday
6:00am	25 people	8:00am 25 people				
7:00am	25 people	9:00am 25 people				
8:00am	25 people	10:00am 25 people				
9:00am	25 people	11:00am 25 people				
10:00am	25 people	12:00pm 25 people				
11:00pm	25 people	1:00pm 25 people				
12:00pm	25 people					
1:00pm	25 people					
2:00pm	25 people					
3:00pm	25 people					
4:00pm	25 people					
5:00pm	25 people					
6:00pm	25 people					
7:00pm	25 people					

Weightroom
 - 1 hour blocks
 - May reserve up to 2 blocks

Fitness on Demand Schedule

Fitness on Demand can be reserved anytime in 1 hour blocks
 Monday - Friday starting at 6am and the last hour at 7pm
 Saturday starting at 8am and the last hour at 1pm

Fitness on Demand
 - 1 hour blocks
 - Up to 2 people at a time