

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 | Yoga | Zumba | Spin^ | Zumba | | |
| | Tomomi | Angela | Yazmine | Jean | Yazmine | | |
| 11:15am | Pilates | | Qi Gong | | | | |
| | Sharon | | Cheryl | | | | |
| 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 | Yazmine | | Yazmine | | | |

Group X

1. All Group X classes are limited to 35 participants unless indicated otherwise by ^
2. Participants must reserve their spot in class by calling the Rec Center up to one week in advance
3. Social distance must be maintained

Classes with ^ are limited to 12.

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 | | |
| | Jean | Sue | Jean | Sue | 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 | | | |

Water Aerobics

- Max of 15 ppl for Aqua Shallow
- Max of 12 ppl for Aqua Deep

1. 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)

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 | 15 people | 15 people | 15 people | 15 people | 9:30am | 15 people |
| 10:30am | 15 people | 15 people | 15 people | 15 people | 15 people | 10:30am | 15 people |
| 11:30am | 15 people | 15 people | 15 people | 15 people | 15 people | 11:30am | 15 people |
| 1:30pm | 15 people | 15 people | 15 people | 15 people | 15 people | 12:30pm | 15 people |
| 2:30pm | 15 people | 15 people | 15 people | 15 people | 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 |
|--------------|--------------|--------------|--------------|--------------|---------------|
| | | 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 | 1:45 - 3:45p | 1:45 - 3:45p | 1:45 - 3:45p | 1:45 - 3:45p | |
| 4 - 6p | 4 - 6p | 4 - 6p | 4 - 6p | 4 - 6p | |

Pickleball
 - 2 courts
 - 12 person limit

Weightroom Schedule

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