

SPRING, 2021, GROUP FITNESS AND WATER FITNESS CLASSES

As of 4/1/2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL IN STUDIO CLASSES ARE ZOOMED, EXCEPT FOR AXIAL DANCE		ZOOM 8:30am PILATES w/Lynnda/Marcy	ZOOM 8am STRETCH for STRENGTH w/Carol			ZOOM 8am CARDIO DANCE w/MeShell
	*In Studio (by Reservation) 9:30am STRENGTH w/Leesa	ZOOM 9:30am CARDIO DANCE w/Gail	*In Studio (byReservation) 9:30am BARRE w/Lynnda	*In Studio (by Reservation) 9:00am Pilates & Strength Fusion w/Suzie	ZOOM 9:30 am STRENGTH & CORE w/Marcy	*In Studio (by Reservation) 9am BARRE w/Mallory & Christa
	*In Studio (by Reservation) 11am STRETCH for STRENGTH w/ Carol					<u>AXIAL DANCE</u> In Studio BALLET & JAZZ (ages 3-5) 10:30-11:15am Laura
	*In Studio (by Reservation) 12:30pm HATHA YOGA w/Marion			*In Studio (by Reservation) 12:30PM CHAIR FIT w/ Lynnda		In Studio BALLET & JAZZ (ages 5-7) 11:15-12pm Laura
	ZOOM 4:30pm BARRE w/Mallory	ZOOM 4:30pm ZUMBA TONING w/Milette		ZOOM 4:30pm ZUMBA TONING w/Milette		In Studio BALLET & JAZZ (ages 8-10) 12-1pm Laura
	<u>AXIAL DANCE</u> In Studio CONTEMPORARY (ages 8-11) 5:45-6:30pm Laura	<u>AXIAL DANCE</u> In Studio TAP (ages 6-9) 6:00-6:45pm Danielle (In Xergym)	ZOOM 6:00pm ZUMBA w/Justin	<u>AXIAL DANCE</u> In Studio BALLET (ages 9-12) 5:30-6:30pm & BALLET (ages 13-16) 6:30-7:30pm Juliet	<u>AXIAL DANCE</u> In Studio HIP HOP (ages 6-9) 4:45-5:15pm (ages10-13) 5:15-6:00pm Morgan	In Studio JAZZ (ages 9-12) 1-1:45p Laura
	In Studio CONTEMPORARY (ages 12-15) 6:30-7:30pm Laura	In Studio ADULT TAP 7:00 - 7:45pm Danielle (In Xergym)		In Studio PRE-POINTE/ POINTE 7:30-8:15pm Juliet	In Studio POM (ages 10-13) 6-6:45pm Morgan	In Studio THERAPUTIC DANCE (ages 6-12) 1:45-2:15pm Laura
		ZOOM 7:00pm Let It Go YOGA FLOW w/Karen		ZOOM 7:00 pm VINYASA Strength & Stretch YOGA w/Charlie	ZOOM 6:00 pm TGIF STRETCH & RELAX w/ Carol	

POOL

SUN	MON	TUE	WED	THUR	FRI	SAT
MASTERS 9:15 - 10:45am	AQUAFIT 8:45 - 9:30am (shallow water) (membes only)	(\$) HYDROFIT 8:45-9:45am (deep water) member (\$5) & non-member (\$10 or with card))	AQUAFIT 8:45 - 9:30am (shallow water) (members only)	(\$) HYDROFIT 8:45-9:45am (deep water) member (\$5) & non-member (\$10 or with card))	AQUAFIT 8:45- 9:30am (shallow water) (members only)	AQUA/ (\$) HYDROFIT 8:45-9:30am (shallow water) Non-member (\$5 or with card) & Members (no charge)
	AQUA/ (\$) HYDROFIT 8:45-9:30am (shallow water) Non-member (\$5 or with card) & Members (no charge)		AQUA/ (\$) HYDROFIT 8:45-9:30am (shallow water) Non-member (\$5 or with card) & Members (no charge))			(\$) Fee Based Aqua/Hydrofit Discount Card 10 visits Members: \$50 Non-Mem: \$80
		MASTERS 8:15 - 9:15pm		MASTERS 8:15 - 9:15pm	MASTERS 8:15 - 9:15pm	