

# GROUP X & AQUATICS SCHEDULE

Effective April 12, 2021

All classes on this schedule are part of the Group X Add-On membership.

Registration is required, register online or at front desk.

Classes in red denote a new class, time change, or instructor.

Schedule is subject to change.

**STUDIO LOCATIONS** UGX: Upstairs Group X Studio // DANCE: Dance Studio // POOL: Family Pool // COURT: Courtyard

MONDAY			
8:30-9:30am	Fusion	UGX	Eva M
9-9:45am	Aqua Aerobics	POOL	Christy S
10-10:45am	Barre	DANCE	Eva M
11:15am-12pm	Silver Sneakers Classic	UGX	Peggy M
5-5:45pm	Zumba	DANCE	Eva M
5:30-6:30pm	BodyPump	UGX	Joween O
6-7pm	Hatha Yoga	DANCE	Patricia D
TUESDAY			
8:45-9:30am	Core & More	UGX	Kathy M
9:45-10:45am	Cardio Fit	UGX	Kathy M
11-11:45am	Aqua Body Strong Board	POOL	Christy S
4:45-5:45pm	Mixed Lvl Pilates	DANCE	Kathy M
5:15-6:15pm	Fusion	UGX	Eva M
6-7pm	WerQ	DANCE	Gabie H
6:30-7:15pm	Aqua Zumba	POOL	Steve C
WEDNESDAY			
6-7am	BodyPump	UGX	Marcy B
9-9:45am	Aqua Aerobics	POOL	Christy S
9:30-10:30am	Zumba	UGX	Carlos C
9:45-10:45am	Mixed Lvl Vinyasa Yoga	DANCE	Jessica P
11:15am-12pm	Active Agers Body Conditioning	UGX	Sanjay S
4:30-5:15pm	HIIT	UGX	Jenny B
5-5:45pm	Zumba	DANCE	Eva M
6-7pm	Gentle Yoga	DANCE	Beth H
6:30-7:30pm	HydroRider	POOL	Andrea K

THURSDAY			
9-10am	Aqua Bootcamp	POOL	Beth H
9:30-10:30am	BodyPump	UGX	Joween O
9:30-10:30am	Mixed Levels Pilates	DANCE	Kathy M
11am-12pm	Mixed Lvl Alignment Yoga	DANCE	Beth H
5:15-6:15pm	Fusion	UGX	Karyn V
FRIDAY			
6-7am	Sunrise Vinyasa Yoga	COURT	Colleen B
6-7am	BodyPump	UGX	Marcy B
8:30-9:15am	Boot(y)camp	UGX	Eva M
9:30-10:30am	Zumba	UGX	Eva M
10:30-11:30am	Mixed Lvl Vinyasa Yoga	DANCE	Jessica P
SATURDAY			
8:30-9:15am	Guided Stretching	DANCE	Sanjay S
9:30-10:30am	HydroRider	POOL	Andrea K
10-10:45am	HIIT	UGX	Omari H
11:15am-12pm	Active Agers Body Conditioning	UGX	Sanjay S
SUNDAY			
8:30-9:30am	Cardio Kick & Sculpt	UGX	Karyn V
10-11am	WerQ	UGX	Gabie H
11:15am-12pm	Silver&Fit Experience	UGX	Andrea K

