



Fall 2022 Group Exercise Schedule

Monday

8:30-9:00am
Cycling
Elaine

9:00-10:00am
Yoga
Elaine

10:00-10:45am
Water Aerobics
Ray

2:00-2:45pm
Water Aerobics
Ray

5:15-6:00pm
Strength Train
Together
Nancy

6:30-7:15pm
Aqua Gym
Jill

Tuesday

8:00-8:45am
Aqua Gym
Ray

10:00-10:45am
Deep Water
Therapy
Jill

5:15-6:00pm
Pilates
Cheryl

Wednesday

10:00-10:45am
Water Aerobics
Ray

2:00-2:45pm
Water Aerobics
Ray

5:15-6:00pm
Cycling
Elaine

6:15-7:15pm
Yoga
Elaine

6:30-7:15pm
Aqua Gym
Jill

Thursday

8:00-8:45am
Aqua Gym
Ray

10:00-10:45am
Deep Water
Therapy
Jill

5:00-6:00pm
Cycling
Steve

Friday

10:00-10:45am
Water Aerobics
Ray

2:00-2:45pm
Water Aerobics
Jill

5:15-6:00pm
Cycling
Elaine

Saturday

9:00-10:00AM
Pilates
Cheryl

10:00-11:00AM
Zumba
Nancy

1:00-2:00pm
Aqua Zumba
Joanna

Classes
held
in the pool

Classes
held
in the
Group Exercise
Studio

Group Exercises
Classes are FREE
for all full
memberships.
Drop In Fee is \$12