


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aquatic Schedule</b> POOL HOURS SUBJECT TO CHANGE						
11:30AM-4:30PM OPEN SWIM	8:30AM-8:00PM OPEN SWIM	8:30AM-8:00PM OPEN SWIM	8:30AM-8:00PM OPEN SWIM	8:30AM-8:00PM OPEN SWIM	8:30AM-8:00PM OPEN SWIM	11:30AM-4:30PM OPEN SWIM
	8:30-9:30AM AQUA AEROBICS		8:30-9:30AM AQUA AEROBICS		8:30-9:30AM AQUA AEROBICS	
		<i>Drop in Kayak 7:30-9:00PM</i>		<i>Drop in Kayak 7:30-9:00PM</i>		<i>Drop in Kayak 10:00-11:30AM</i>
<b>Kidkare</b>						
	8 - 11:30 AM Kidkare	8 - 11:30 AM Kidkare	8 - 11:30 AM Kidkare	8 - 11:30 AM Kidkare	8 - 11:30 AM Kidkare	9 - 11:30 AM Kidkare
	3 - 6:30 PM Kidkare	3 - 6:30 PM Kidkare	3 - 6:30 PM Kidkare	3 - 6:30 PM Kidkare		
<b>Gym</b>						
11:00AM-5:00PM Open Gym	6:00 AM- 12:00AM Open Gym	6:00AM- 9:00PM Open Gym	6:00 AM- 12PM Open Gym	6:00 AM- 9:00PM Open Gym	6AM-12PM & 2 -4PM Open Gym	9:00AM-5:00PM Open Gym
	12 -2:00PM Adult Drop-in Gym		12 - 2:00 PM Adult Drop-in Gym		12 - 2:00PM Adult Drop-in Gym	
	2:00-7:00PM Open Gym		2:00-9:00PM Open Gym		4:00-9:00PM Open Gym1/2 court	
	7:00PM-9:00PM Adult drop in BB				6:30-9:00PM (West) Adult Drop in Volleyball	
<b>Climbing Wall</b> BYOG Bring your own gear Only after Certification & Orientation						
	6:00AM - 9:00PM BYOG	6:00AM - 9:00PM BYOG	6:00AM - 9:00PM BYOG	6:00AM - 9:00PM BYOG	6:00AM - 9:00PM BYOG	9 am - 12 PM BYOG
12PM - 5:00 PM Staffed Climbing		5:00PM - 8:30PM Staffed Climbing		5:00PM - 8:30 PM Staffed Climbing	5:00 PM - 8:30PM Staffed Climbing	12-5:00PM Staffed Climbing
<b>Fitness</b> You can reserve a bike for Indoor Cycling 24 hours in advance						
<b>FACILITY HOURS</b> <b>Mon. - Fri.</b> 6:00 AM-9PM  <b>Saturday</b> 9:00AM-5PM  <b>Sunday</b> 11:00AM-5PM	Boot Camp 6:30-7:30AM	Indoor Cycling 6:15-7:00AM	Boot Camp 6:30-7:30AM	Indoor Cycling 6:15-7:00AM	Boot Camp 6:30-7:30AM	Hatha Yoga 9:15-10:15AM
	Pump it up 8:30AM-9:30AM	Power Pilates 9:00-10:15 AM	Floor, Core,and more 8:30-9:30AM	Power Pilates 9:00-10:15 AM	Floor, Core,and more 8:30-9:30AM	
	Indoor Cycling 9:30-10:15AM	On the Ball 12:00-1:00PM	Indoor Cycling 9:30-10:15AM	On the Ball 12:00-1:00PM	Indoor Cycling 9:30-10:15AM	
	Indoor Cycling 12:00PM-12:45pm	Indoor Cycling 4:00-4:45PM	Indoor Cycling 12:00-12:45PM	Indoor Cycling 4:00-4:45PM	Pump it up 10:30-11:30AM	
	Power Tone 12:00-1:00PM	**FlexibleStrength 5:30-6:30PM	Yoga Fusion 12:00-1:00PM	Intro to group Fitness 5:30-6:30PM	Indoor Cycling 12:00-12:45PM	
	Fitness Pilates 4:30-5:30PM	Zumba 6:45-7:45	Fun and Fitness Ages 8-14yrs 3:45-4:30p	**FlexibleStrength 6:30-7:30PM		
	Kickboxing 5:30-6:30PM	Yoga 8:00-9:00PM	Fitness Pilates 4:30-5:30PM	Mat Pilates 8:00-9:00PM		
	Latin Dance 7:30-9:00pm		Power Circuit Training 5:30-6:30pm			
		Vinyasa Flow Yoga 6:30-7:45PM				
						**Flexible Strength is a combination of Yoga and Pilates.

**JULY**

\*\*ALL HOURS AND CLASSES SUBJECT TO CHANGE PLEASE CALL (970)384-6301\*\*