

Marvin Altman Fitness Center

Pool Classes

Monday/Wednesday			Tuesday/Thursday		
<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
8:00 a.m.	Swim League (Mon. Only)	Michelle	8:00 a.m.	Swim League	Michelle
9:15 a.m.	Aqua Fitness	Jan/Suzanne	9:00 a.m.	Aqua Yoga (Tues. Only)	Jan
10:00 a.m. -11:00 a.m.	Volleyball		5:15 p.m.	Aqua Fitness	
<u>6:00 p.m. – 8:30 p.m. Family Swim</u>			Barbara		
6:30 p.m.	Swim League (Mon. Only)	Michelle	<u>6:00 – 8:30 p.m. Family Swim</u>		
<u>Friday</u>			6:30 p.m.	Swim League	Michelle
10:00 a.m. -11:00 a.m.	Volleyball		<u>Saturday</u>		
<u>3:30 -7:30 p.m. Family Swim</u>			10:15 a.m.	Aqua Blast Warriors	
			Susan		
			<u>1:00 – 4:30 p.m. Family Swim</u>		
			<u>Sunday</u>		
			<u>2:00 p.m. – 4:30 p.m. Family Swim</u>		
<u>Pool Hours</u>			Kids under the age of 10 must be on a Family Membership or pay a Swim Pass fee to participate in family swim.		
M – TH 5:00 a.m. – 8:30 p.m. F – 5:00 a.m. 7:30 p.m.					
Sat. –5:00 a.m. - 4:30 p.m. Sun. – Noon - 4:30 p.m.					

Fitness Classes

Monday/Wednesday				Tuesday/Thursday			
<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Rm</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Rm</u>
7:00 a.m.	Yoga	Alison	Y	5:30 a.m.	Bootcamp	Bob	A
8:15 a.m.	SilverSneakers Classic	Jan	A	8:00 a.m.	Beginning Yoga	Terri	Y
9:00 a.m.	Cardio Dance Party	Debora	A	9:00 a.m.	Yoga for Health	Terri	Y
9:00 a.m.	Chair Yoga	Kaylea	Y	10:00 a.m.	SilverSneakers Classic	Jan/Suzanne	A
10:00 a.m.	Yoga for Health	Debora	Y	11:45 a.m.	Seal Fit	Bob	F/A
12:30 p.m.	Beginning Yoga	Terri	Y	5:00 p.m.	Pound TM	Susan	B
4:30 p.m.	Barre Class	Barbara	B	5:30 p.m.	Cardio Dance	Nina	A
5:00 p.m.	Total Body	Laurie	A	5:30 p.m.	Body Sculpting	Susan	B
5:15 p.m.	Cycling	Barbara	B	6:30 p.m.	Shine Dance (Tues. Only)	Deanna	A
5:30 p.m.	Stretch & Flex (Mon. Only)	Nina	Y	6:45 p.m.	Cycling	Susan	B
<u>Friday</u>				<u>Saturday</u>			
7:00 a.m.	Yoga	Alison	Y	7:00 a.m.	Bootcamp	Bob	A
9:00 a.m.	Cardio Dance Party	Debora	A	8:30 a.m.	Shine Dance	Deanna	A
9:00 a.m.	Chair Yoga	Kaylea	Y	9:00 a.m.	Pilates Mat	Susan	Y
10:00 a.m.	Yoga for Health	Kaylea	Y				

Fitness Center Hours

Monday – Thursday 5:00 a.m. - 9:00 p.m.

Friday 5:00 a.m. – 8:00 p.m. Saturday 7:00 a.m. – 5:00 p.m. Sunday Noon – 5 p.m.