**Pool Classes**

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

**Fitness Classes**

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