**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.**