

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
Time	Class	Rm Type	Time	Class	Rm Type	Time	Class	Rm Type	Time	Class	Rm Type	Time	Class	Rm Type	Time	Class	Rm Type
5:00a	F.A.S.T. DAC	LP	5:15a	F.A.S.T. DAC	LP	6:00a	Cycle	Cyc	5:15a	F.A.S.T. DAC	LP	6:00a	Cycle Circuit	St.1 X	8:00a	Step	St.1 X
6:00a	Cycle	Cyc	6:00a	Group Power	St.1 X	6:00a	Cardio Kick	St.1 X	6:00a	Group Power	St.1 X	6:30a	Hatha Yoga	St.1	8:00a	F.A.S.T. DAC	LP
6:00a	Cardio Kick	St.1 X	6:15a	Hydrofit	FP	6:15a	Aqua Pilates	FP	6:15a	Hydrofit	FP	8:30a	Water Works	FP	9:00a	Hatha Yoga	St.2
7:55a	Beg. Yoga	St.2	7:30a	Tai Chi	St.1	6:30a	Hatha Yoga	St.2	7:30a	Tai Chi	St.1	9:00a	Keiser 1	CA X	9:10a	Cycle	Cyc
8:30a	Water Works	FP	9:00a	Inter. Dance	St.1 X	8:30a	Water Works	FP	9:00a	Hatha Yoga	St.2	9:15a	Group Power	St.1 X	9:15a	Group Power	St.1 X
9:00a	Keiser	CA X	9:00a	Cycle	Cyc	9:00a	Keiser 1	CA X	9:00a	Inter. Dance	St.1 X	9:15a	Yoga	St.2	10:00a	P&T Swim	FP
9:15a	Group Power	St.1 X	9:15a	Yoga	St.2	9:00a	Beg. Yoga	St.2	9:00a	Cycle	Cyc	10:20a	Cycle Express	Cyc	10:20a	Cycle Express	Cyc
10:20a	Yoga Plus	St.1	10:30a	Pilates Mat II	St.1	9:15a	Group Power	St.1 X	10:40a	Group Power	St.1 X	10:30a	Pilates Mat II	St.1	10:30a	Hatha Yoga	St.1
10:20a	Cycle Express	Cyc	11:00a	Aqua Arthritis	FP	10:20a	Cycle Express	Cyc	11:00a	Aqua Arthritis	FP	12:00p	Noon Swim	LP	Sunday Time Class Rm Type		
11:00a	Aqua Therex	FP	12:00p	Sculpt & Car.	St.1 X	10:20a	Yoga Plus	St.1	12:00p	Step	St.1 X	12:00p	DAC Nooners	St.1 X			
12:00p	Noon Swim	LP	12:15p	Cycle	Cyc	11:00a	Aqua Therex	FP	12:15p	Cycle	Cyc	12:15p	Keiser 2	CA X	9:00a	Vinyasa Yoga	St.1
12:00p	DAC Nooners	St.1 X	1:30p	Tai Chi	St.1	12:00p	Noon Swim	LP	1:30p	Tai Chi	St.1	4:30p	NIA	St.1 X	10:45a	NIA	St.1 X
12:00p	Hot Yoga	St.2	4:30p	Total St.	St.1 X	12:00p	DAC Nooners	St.1 X	4:30p	Total St.	St.1 X	5:30p	Beg. Yoga	St.1	4:00p	Pilates Mat I	St.1
12:15p	Keiser 2	CA X	5:30p	Keiser 2	CA X	12:00p	Hot Yoga	St.2	5:30p	Keiser 2	CA X						
4:25p	Pilates	St.2	5:40p	Beg. Yoga	St.1	12:15p	Keiser 2	CA X	5:45p	Vinyasa Yoga	St.1						
4:30p	Group Active	St.1 X	5:45p	Cycle	Cyc	4:25p	Pilates	St.2	5:45p	Cycle	Cyc						
5:30p	Hydrofit	FP				4:30p	Group Active	St.1 X									
5:35p	Ashtanga	St.2				5:30p	Hydrofit	FP									
5:40p	Step	St.1 X				5:35p	Ashtanga	St.2									
5:45p	Swim Cond.	LP				5:40p	Step	St.1 X									
6:45p	Group Power	St.1 X				6:45p	Group Power	St.1 X									
7:50p	Cycle Express	Cyc															

Key
 Mature Adult Friendly
 Water Class
 Mind/Body
 Fitness/Group X **X**
 Cycle

Sculpt & Car. = Sculpt & Cardio
SwimCond. = Swim Conditioning
P&T Swim = Parent & Tot Swim
F.A.S.T. DAC = Fitness Adult Swim Team

St. 1 = Studio I
St. 2 = Studio II
FP = Fitness Pool
LP = Lap Pool
Cyc = Cycle Studio
CA = Cardio Area
SA = Stretching Area