

**October 2021**

Monday, Wednesday & Friday 7:00 AM - 8:00 PM  
 Tuesday & Thursday 6.15 AM - 8:00 PM  
 Saturday & Sunday 9:00 AM - 4:00 PM  
 Thanksgiving Day, October 11th 9:00 AM—4:00 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>STEP CLASS</b> 8:30 - 9:30		<b>CLUB CARDIO</b> 8:30 - 9:30	<b>AQUACIZE</b> 8:40-9:25		
<b>AQUACIZE</b> 9:00--9:45	<b>STRETCH &amp; TONE</b> 9:45-10:45	<b>AQUACIZE</b> 9:00-9:45	<b>STRETCH &amp; TONE</b> 9:45-10:45	<b>AQUACIZE</b> 9:40-10:25		<b>GENTLE FLOW YOGA</b> 9:15-10:15
<b>STRONG FOR LIFE</b> 9:30-10:30		<b>STRONG FOR LIFE</b> 9:30-10:30		<i>It's Back!</i> <b>INTERVAL STEP AEROBICS</b> 9:00 -10:00		<i>NEW!</i> <b>TABATA</b> 9:30-10:30 (As of October 17th)
				<b>GENLE FLOW YOGA</b> 9:30-10:30		
<i>It's Back!</i> <b>TAI CHI</b> 4:00 -5:00 (As of October 18th)				<i>NEW!</i> <b>ESSEINTRICS</b> 10:15-11:00 (As of October 15th)		



POOL SCHEDULE						
MON	TUES	WED	THU	FRI	SAT	SUN
7:00-11:00 Adult	7:00-11:00 Adult	7:00-11:00 Adult	7:00-11:00 Adult	7:00-11:00 Adult		
11:00-1:00 All Welcome	11:00-1:00 All Welcome	11:00-1:00 All Welcome	11:00-1:00 All Welcome	11:00-1:00 All Welcome	9:00-12:00 Adult	9:00-12:00 Adult
1:00-3:00 Adult	1:00-3:00 Adult	1:00-3:00 Adult	1:00-3:00 Adult	1:00-3:00 Adult	12:00-4:00 All Welcome	12:00-4:00 All Welcome
3:00-7:00 All Welcome	3:00-7:00 All Welcome	3:00-7:00 All Welcome	3:00-7:00 All Welcome	3:00-7:00 All Welcome	* Pool is closed to lap swimming during water classes  *All welcome applies to stat holidays	
7:00-8:00 Adult	7:00-8:00 Adult	7:00-8:00 Adult	7:00-8:00 Adult	7:00-8:00 Adult		

\*Class times and pool schedule subject to change without notice

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**Strong For Life (L1-3)**

With simple, safe, and effective exercises set to motivating music, you will build strong, functional muscles. The class uses dumbbells and other equipment to develop balanced strength and power throughout the body. Build strength for longevity and vitality!

*Monday & Wednesday with Kevin*

**Club Cardio (L-3)**

Come "Move with Martha" in this follow along cardio workout that fuses fun and high energy music to get you sweating and feeling great! This easy-to-follow class welcomes all fitness levels so come and join in the fun.

*Thursday with Martha*

**Essentrics (L1-3) **NEW!****

Essentrics is a full body workout that rapidly changes the shape of your body through dynamic and fluid combination of strengthening and stretching which rebalances the body, prevents and treats injuries and unlocks tight joints. By developing strong, lean muscles, the technique helps improve your posture. This class is equipment free and perfect for anyone at any fitness level. You will feel energized and youthful!

*Friday with Judie*

**Tai Chi (L1-3)**

Tai Chi is an ancient Chinese practice that has been linked to myriad health benefits and can be a positive part of an overall approach to improving wellness. This class is great for people who have a very basic understanding of Tai Chi or you wish to continue to develop your internal balance, and find your harmony with body, mind and spirit.

*Monday with Jarvis*

**Gentle Flow Yoga (L1-3)**

Gentle Flow is a beautiful practice, designed to gracefully move through vinyasas with controlled power. This class is geared toward those new to their practice, or those wanting a more gentler flow. The class will focus on simple flows focusing on alignment, strength, balance and flexibility.

**\*\*\*Please bring your own equipment\*\*\***

*Friday & Sunday with Miranda*

**Tabata (L2-3) **NEW!****

Tabata style training focuses on multi-joint exercises that make you work hard for a period of time and then short rests in between. Tabata is a cardio workout that is a full body workout which will make you sweat and have fun all at the same time!

*Sunday with Shanan*

**Step Aerobics (L2-3)**

Come prepared to sweat! This high-energy class gives you non-stop cardio on the step. Martha will motivate you and get your heart pumping.

*Tuesday with Martha*

**Aquacize (L1-L3)**

Work out in the water. Aquacize is a great low-impact workout suitable for all fitness levels.

*\*Monday with Elaine; Wednesday with Martha; Friday with Vito*

**Interval Step Aerobics (L1-3)**

This energetic class alternates short intervals of cardiovascular training with upper and lower body conditioning. The cross-training format is fun and is a good challenge for your endurance. Steps will be used in this class.

*Friday with Martha*

**Stretch 'n Tone (L1-3)**

This popular class will allow you to work at your own fitness level, increase your core strength, and improve your balance and flexibility, while having fun at the same time!

*Tuesday, & Thursday with Martha*

**GUIDE TO LEVELS**

**Level 1**  
Easy, low intensity

**Level 2**  
Moderately challenging

**Level 3**  
Challenging