



CLASS SCHEDULE
March 2020

Staffed Hours
Mon – Thu: 9:00am – 9:00pm
Fri: 9:00am – 8:00pm
Sat: 9:00am – 5:00pm
Sun: 10:00am – 3:00pm
Pool closes 30-min before end of staffed hours

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DROP IN CLASSES (included with Silver and Gold Memberships)						
8:30am-9:30am						Spin Susan
9:30am-10:30am			Cardio Aquafit Eva		Cardio Aquafit Todd	Cardio Aquafit 9:30am-10:15am Susan
		Total Body Sculpting 9:45am-10:30am Todd	Spin 10:45am-11:30am Sharon	Total Body Sculpting 10:45am-11:30am Todd		
11:00am-12:00pm	Cardio Aquafit Sharon	Therapeutic Aquafit Tanya		Therapeutic Aquafit Tanya		
5:45pm-6:45pm	Step Jackie	Spin 5:45pm-6:30pm Sharon		Total Body Sculpting Susan	Tabata Eva	
6:30pm-7:15pm		Cardio Aquafit Katie	Cardio Aquafit Jackie			
6:45pm-7:30pm	Cardio Aquafit Jackie	Groove & Abs Sharon		Cardio Aquafit Susan		
REGISTERED CLASSES (Paid Members Only)						
Group Training	6:45pm-7:45pm Susan		6:30pm-7:30pm Susan			
Pilates					8:30am-9:30am Todd	
Yoga			7:00pm-8:00pm Eva			
Swim Lessons				7:30pm - 8:30pm Katie	5:30pm - 6:30pm Katie	

HAPPY NEW YEAR! - March Special (new members)*

1 YEAR GOLD MEMBERSHIP - NOW \$38/MONTH

Get a head start on your New Year's resolution with a Gold membership.
Join for 1 year now only \$449 or \$38/month

This includes: 24/7 access to gym equipment, unlimited drop-in classes, and access to the pool/whirlpool/sauna during staffed hours.

Offer expires March 31, 2020 - Don't miss out - JOIN TODAY!

*This special is for new members & previous members whose memberships expired at least 1 year ago.

REGISTER NOW FOR THE NEXT SESSION OF CLASSES:

Swim - Fri 5:30pm - 6:30pm, starts Mar 6

Limited Space - Register early to reserve your spot - See Staff for details!

The pool is reserved: Thu 1:00pm - 2:00pm, Thu 7:30pm - 8:30pm, & Fri 5:30pm - 6:30pm
Dates/Times are subject to change. Subscribe to our email list/social media or call us to get the most up-to-date information.