

# Class Schedule 02/03/2025

## Pool Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00						<b>CLOSED</b>
7:00-9:00						
9:00-10:00	Water Aerobics with Stephen		Water Aerobics with Kelsi		Water Aerobics with Stephen/Kelsi	Baby Bears POOL CLOSED 9:00 - 10:00
10:00-11:00	Water Aerobics with Stephen	Water Aerobics with Lauren	Water Aerobics with Kelsi	Water Aerobics with Lauren	Water Aerobics with Stephen/Kelsi	
11:00-12:00						
12:00-1:00						
1:00-2:00						
2:00-3:00						
3:00-3:30						<b>CLOSED</b>
3:30-4:00	Fish Factory		Fish Factory			
4:00-5:00	POOL AREA OPEN		POOL AREA OPEN			
5:00-5:30						
5:30-6:30				Pool-laties with Stephen		
6:30-7:00						
7:00-8:00						

**Water Aerobics  
Classes**

**Children's Swim  
Classes**

**\*Instructors may be teaching children's swimming lessons in any of the pools, except during lunch break between 1:30-2:30 or during pool class times.**

# Class Schedule 02/03/2025

## Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:00						CLOSED
6:00-6:30		HIIT with Kelsi				
6:30 - 7:00						
7:00-8:00						
8:00-9:00						
9:00-10:00		Low Impact Strength Training with Kelsi	Ballet with Stephen	Low Impact Strength Training with Kelsi		JKA Karate
10:00-11:00	Advanced Barre with Gillian	Intermediate Barre with Gillian		Beginner Barre with Gillian	FUNDamentals of Exercise with Gillian	
11:00-12:00	Chair with Bryce	Chair with Jordan	Chair with Bryce	Chair with Jordan	Chair with Gillian	
12:00-12:30	Yoga with Bryce		Yogalates with Karisa	Cardio Dance with Kelsi	Pilates Fundamentals with Karisa	
12:30-1:00						
1:00-2:00			Yoga with Bryce			
2:00-3:00						
3:00-5:15						CLOSED
5:15-5:45		Stretching with Jordan	Fast track with Phillip Ross			
5:45-6:00				Medical Fitness with Karisa		
6:00-6:45		JKA Karate				
6:45-7:00						
7:00-8:00						

Cardio Classes

Balance and  
Strength

Pilates Classes

Chair Classes