

Class Schedule 03/06/23

Pool Classes

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|---------------------------------------|----------------------------------|---------------------------------------|----------------------------------|-----------------------------------|---|
| 6:00 | | | | | | |
| 7:00 | | | | | | |
| 8:00 | | | | | | |
| 9:00 | Water Aerobics with Stephen | | Water Aerobics with Stephen | | Water Aerobics with Bryce | |
| 10:00 | Water Aerobics with Bryce | Water Aerobics with Lauren | Water Aerobics with Lauren | Water Aerobics with Lauren | Water Aerobics with Bryce | Baby Bears Swim Class POOL AREA RESERVED |
| 11:00 | | | | | | |
| 12:00 | | | | | Water Aerobics with Gillian | |
| 1:00 | | | | | | |
| 2:00 | | | | | | |
| 3:00 | | | | | | |
| 4:00 | Fish Factory Pool Area Open | | Fish Factory Pool Area Open | | | |
| 5:00 | | Pool-laties with Stephen | | | | |
| 5:30 | | | | | | |
| 6:00 | | | | | | |
| 6:30 | | | | | | |
| 7:00 | | | | | | |
| 8:00 | | | | | | |

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| Water Aerobics Classes | Children's Swim Classes |
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* Instructors may be teaching children private swimming lessons in any of the pools, except lunch break between 1:30-2:30 if there are no pool classes at that time.

Class Schedule 03/06/23

Group Exercise

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|--|----------------------------------|---|-----------------------------------|---|------------|
| 6:00 | | | | | | |
| 7:00 | | | | | | |
| 8:00 | | | | | | |
| 9:00 | | | Balance 101 with Bryce | | Functional Strength with Gillian | JKA Karate |
| 10:00 | Barre with Gillian | | Yoga With Bryce | | | |
| 11:00 | Chair with Bryce | Chair with Jordan | Chair with Bryce | Chair with Jordan | Chair with Gillian | |
| 12:00 | Stretch and Relax with Bryce | HIIT with Jordan (30 mins) | Yogalates with Karisa | HIIT with Jordan (30 mins) | Pilates Fundamentals with Karisa | |
| 12:30 | | | | | | |
| 1:00 | | | | | | |
| 2:00 | | | | | | |
| 3:00 | | | | | | |
| 4:00 | | | | | | |
| 5:15 | Boot Camp / Yoga with Bryce (30 mins) | Stretching with Jordan | Fast Track with Phillip (30 mins) | | HIIT/Yoga with Gillian (30 mins) | |
| 5:45 | | | | Medical Fitness with Karisa | | |
| 6:00 | | JKA Karate | | | | |
| 6:45 | | | | | | |
| 7:00 | | | | | | |
| 8:00 | | | | | | |

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| Cardio Classes | Balance and Strength | Pilates Classes | Chair Classes |
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