



Pool Fitness Schedule - November

Monday					Thursday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
8:30a	9:25a	Deep Fitness	Kay	Comp Pool	7:45a	8:30a	Shallow Fitness	Mary Kay	Leisure Pool
9:30a	10:15a	Aqua Zumba	Aline	Leisure Pool	8:30a	9:25a	Deep Fitness	Kay	Comp Pool
Tuesday					Friday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
7:45a	8:30a	Shallow Fitness	Mary Kay	Leisure Pool	8:30a	9:25a	Deep Fitness	Kay	Comp Pool
8:30a	9:25a	Deep Fitness	Kay	Comp Pool					
Wednesday					Saturday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location
7:45a	8:30a	Shallow Fitness	Mary Kay	Leisure Pool					
8:30a	9:25a	Deep Fitness	Kay	Comp Pool					
					Sunday				
Start	End	Class	Instructor	Location	Start	End	Class	Instructor	Location

Class Locations

- Studio A - Main Group Exer Rm, 2nd Fl
- Studio B - Group Exer Rm, 2nd Fl, Ice Rink Side
- Cycle Studio - Yellow Rm, 2nd Fl, Fitn Cntr Side
- Gym - Basketball Court
- Mezzanine 2nd Fl, Top of Stairs

Facility Hours

Mon. - Fri. 5:15am - 9:00pm
 Sat. & Sun. 7:00am - 6:00pm

Contact Information

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