

10:00am - 5:00pm Sunday			6:00am-8:00pm Monday			6:00am-8:00pm Tuesday			6:00am-8:00pm Wednesday			6:00am-8:00pm Thursday			6:00am-8:00pm Friday			8:00am-5:00pm Saturday			
POOL	GYM	CMTY ROOM	POOL	GYM	CMTY ROOM	POOL	GYM	CMTY ROOM	POOL	GYM	CMTY ROOM	POOL	GYM	CMTY ROOM	POOL	GYM	CMTY ROOM	POOL	GYM	CMTY ROOM	
CLOSED			CLOSED	OPEN 6:00-9:30		CLOSED	OPEN 6:00-8:30	Indoor cycling 6:15-7:15	CLOSED	OPEN 6:00-9:30		CLOSED	Indoor cycling 6:15-7:15	CLOSED	OPEN 6:00-8:30			8:00-9:30 OPEN			
			8:30-9:15 Aquacise			8:15-9:00 Adult Swim	8:30-9:15 Aquacise	8:15-9:00 Adult Swim	8:30-9:15 Aquacise			8:30-9:15 Aquacise	8:30-9:15 Aquacise	8:30-9:15 Aquacise							
open gym 10:00-10:30			9:15-12	9:30-10:30 Total Body workout		9:45-12	9:30-10:30 Kettlebells	9:15-10:30 Power Yoga	9:45-12	9:30-10:30 Kickboxing	9:00 - 10:30 Family Board Games & Bowling	9:15-12	9:30-10:30 Kettlebells	9:15-12	9:30-10:30 Total Body workout	9:30-10:30 Total Body workout	9:30-10:30 Total Body workout	9:30-10:30 Total Body workout	9:30-10:30 Total Body workout	9:30-10:30 Total Body workout	9:30-10:30 Total Body workout
				10:30-11:30 Party Rental	10:30-11:30 Party Rental		10:30-11:30 Party Rental	10:30-11:30 Party Rental		10:30-11:30 Party Rental	10:30-11:30 Party Rental		10:30-11:30 Party Rental		10:30-11:30 Party Rental						
11:30-1:30 Party Rental			OPEN	OPEN	11:45-12:45 Indoor cycling	OPEN	11:30-12:30 Re-Youth-enate	10:30-11:00 Hooping may be held in 1/2 gym	OPEN	10:30-3:00	10:45-11:45 Pedal & Kettle	OPEN	10:30-12:30	OPEN	10:30-12:00	OPEN	OPEN	11:30-1:30 Party Rental	11:30-1:30 Party Rental	11:30-1:30 Party Rental	11:30-1:30 Party Rental
							11:30-12:30 Re-Youth-enate	10:30-11:00 Hooping may be held in 1/2 gym		10:30-3:00	10:45-11:45 Pedal & Kettle		10:30-12:30		10:30-12:00						
OPEN			CLOSED	12:30-1:30 Collaborative School	11:45-12:45 Indoor cycling	CLOSED	12:30-1:30 Collaborative School	12:30-1:30 Collaborative School	CLOSED	OPEN	11:00-12:00 Private Rental	CLOSED	12:30-1:30 Collaborative School	CLOSED	12:30-1:30 Collaborative School	12:30-1:30 Collaborative School	12:30-1:30 Collaborative School	12:30-1:30 Collaborative School	12:30-1:30 Collaborative School	12:30-1:30 Collaborative School	12:30-1:30 Collaborative School
							12:30-1:30 Collaborative School	12:30-1:30 Collaborative School					12:30-1:30 Collaborative School		12:30-1:30 Collaborative School						
2:30-4:30 OPEN			3:30-6:30 Swim Lessons	4:00-4:30 Kids sports mix (2-4)	5:15-6:15 Indoor Cycling	3:30-5:30 Swim Lessons	4-4:45 Kids Tumbling	OPEN	4:00-4:30 Kids Sports Mix (4-6)	5:15-6:15 Indoor Cycling	3:30-6:30 Swim Lessons	CLOSED	4:30-5:15 Zumbatomic (8-11)	CLOSED	4:30-5:15 Zumbatomic (8-11)	1:30-4:30 OPEN	1:30-4:30 OPEN	1:30-4:30 OPEN	1:30-4:30 OPEN	1:30-4:30 OPEN	1:30-4:30 OPEN
				4:30-5:15 Zumbatomic (4-7)			4-4:45 Kids Tumbling						4:30-5:15 Zumbatomic (8-11)		4:30-5:15 Zumbatomic (8-11)						
CLOSED			6:30-7:30 OPEN	5:30-6:30 ZUMBA	6:45-7:45 Circuit Training	6:15-7:30 OPEN	5:30-6:30 Pilates	OPEN	6:30-7:30 OPEN	6:45-7:45 Circuit Training	6:30-7:45 Power Yoga	6:15-7:30 OPEN	6:30-7:30 Kettlebells	6:15-7:30 OPEN	6:30-7:30 ZUMBA	6:00-7:00 no gym Badminton	7:00-8:00 1/2 gym	6:00-7:00 no gym Badminton	7:00-8:00 1/2 gym	6:00-7:00 no gym Badminton	7:00-8:00 1/2 gym
				6:30-7:30 Kickboxing			5:30-6:30 Pilates						6:30-7:30 Kettlebells		6:30-7:30 ZUMBA						

AM	PRIME TIME 8:30am-12:00pm	PRIME TIME 8:30am-12:00pm	PRIME TIME 8:30am-12:00pm	PRIME TIME 8:30am-12:00pm	PRIME TIME 8:30am-12:00pm	PRIME TIME 8:00am-12:30pm
PM	PRIME TIME 5:00pm-8:00pm	PRIME TIME 5:00pm-8:00pm	PRIME TIME 5:00pm-8:00pm	PRIME TIME 5:00pm-8:00pm	PRIME TIME 5:00pm-8:00pm	

Party Rentals may or may not take place. Please call in the morning to inquire.  
Indoor cycling classes begin with the fall II session (Oct 30)  
Kids Tumbling class begins with the fall II session (Oct 30)

\*Nordic Walking Tuesdays at 11:00 - class held outside

Effective 9/6/11