

GROUP FITNESS SCHEDULE

Effective: March 2023

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
<p>Aqua Tabata 10:30 – 11:30 a.m. Pool A low impact, high-intensity interval training program. A total body and cardio resistance training workout.</p>	<p>Yoga 10:30 – 11:30 a.m. Studio A class offering continuous movement linked with the breath.</p>	<p>Aqua Hydro-Fit 10:30 – 11:30 a.m. Pool This rigorous workout combines water aerobics with plyometric, strength, and cardio training.</p>		<p>Yoga 10 – 11 a.m. Studio A class offering continuous movement linked with the breath.</p>
<p>Yoga 5:00 – 5:45 p.m. Studio A class offering continuous movement linked with the breath. Starting 4/3/23</p>	<p>Aqua Aerobics 10:30 – 11:30 a.m. Pool A fun, low impact, workout with several different movements.</p>			

Class times, formats, and instructors are subject to change. Outdoor classes are all weather permitted and will be moved inside if conditions are not ideal. Please bring water to class.