



## Clarksville | June 16th - June 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim - 4 Lanes</b> Pool		5:00AM-4:30PM (Lap Pools)	5:00AM-4:30PM (Lap Pools)	5:00AM-4:30PM (Lap Pools)	5:00AM-4:30PM (Lap Pools)		
<b>Indoor Cycling</b> Cycle Studio		5:30AM-6:15AM (Cycling) <i>Megan C.</i>  9:30AM-10:15AM (Cycling) <i>Maura C.</i>		5:30AM-6:15AM (Cycling) <i>Megan C.</i>			
<b>Pickleball: General</b> Gym		7:00AM-11:00AM (General)		7:00AM-11:00AM (General)	7:00AM-11:00AM (General)	7:00AM-11:00AM (General)	
<b>Pickleball</b> Gym		7:00AM-11:00AM (Gym)		7:00AM-11:00AM (Gym)	7:00AM-11:00AM (Gym)	7:00AM-11:00PM (Gym)	
<b>HIIT</b> Half Court Studio		7:00AM-7:45AM (Circuit Training) <i>Tia K.</i>		7:00AM-7:45AM (Circuit Training) <i>Kendra T.</i>			
<b>BODYBALANCE</b> Main Studio		7:30AM-8:25AM (Mind & Body) <i>Maura C.</i>		7:30AM-8:25AM (Mind & Body) <i>Maura C.</i>		7:30AM-8:25AM (Mind & Body) <i>Maura C.</i>	
<b>BODYPUMP</b> Main Studio		8:30AM-9:25AM (Strength) <i>Maura C.</i>  5:30PM-6:25PM (Strength) <i>Autumn A.</i>	5:30AM-6:25AM (Strength) <i>Megan C.</i>	8:30AM-9:25AM (Strength) <i>Maura C.</i>	5:30AM-6:25AM (Strength) <i>Megan C.</i>		
<b>Prenatal Yoga</b> Activity Room		8:30AM-9:15AM (Mind & Body) <i>Kristen T.</i>					
<b>BollyX</b> Main Studio		9:30AM-10:15AM (Dance) <i>Cassie A.</i>		9:30AM-10:15AM (Dance) <i>Cassie A.</i>			
<b>Boot Camp</b> Half Court Studio		9:30AM-10:15AM (Circuit Training) <i>Alissa N.</i>  4:30PM-5:15PM (Circuit Training) <i>Stacy R.</i>	8:30AM-9:15AM (Circuit Training) <i>Keya G.</i>  5:30PM-6:15PM (Circuit Training) <i>Erika C.</i>	9:30AM-10:15AM (Circuit Training) <i>Stacy R.</i>  4:30PM-5:15PM (Circuit Training) <i>Stacy R.</i>	8:30AM-9:15AM (Circuit Training) <i>Sheri J.</i>  9:30AM-10:15AM (Circuit Training) <i>Erika C.</i>	9:45AM-10:30AM (Circuit Training) <i>Alissa N.</i>	

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<b>H2O Circuit</b> Therapy Pool		9:30AM-10:15AM (Aquatics) <i>Marla V.</i>		9:30AM-10:15AM (Aquatics) <i>Trudy S.</i>	8:30AM-9:15AM (Aquatics) <i>Alissa N.</i>		
<b>AOA Circuit</b> Activity Room		9:30AM-10:15AM (Active Older Adults) <i>Amy W.</i>		9:30AM-10:15AM (Active Older Adults) <i>Amy W.</i>		9:30AM-10:15AM (Active Older Adults) <i>Angie R.</i>	
<b>AOA Yoga</b> Activity Room		10:30AM-11:15AM (Active Older Adults) <i>Alissa N.</i>			9:30AM-10:15AM (Active Older Adults) <i>Stuart B.</i>		
<b>Stretch &amp; Recover</b> Main Studio		10:30AM-11:15AM (Mind & Body) <i>Maura C.</i>					
<b>H2O Cardio (Deep Water)</b> Pool		10:30AM-11:15AM (Aquatics) <i>Marla V.</i>					
<b>Tai Chi</b> Main Studio		12:30PM-1:15PM (Martial Arts) <i>Stuart B.</i>		12:30PM-1:15PM (Martial Arts) <i>Stuart B.</i>			
<b>Swim Lessons - Pool Open</b> Therapy Pool		4:00PM-7:00PM (Lap Pools)	4:00PM-7:00PM (Lap Pools)	4:00PM-7:00PM (Lap Pools)		8:00AM-1:15PM (Lap Pools)	
<b>Yoga</b> Main Studio		4:30PM-5:15PM (Mind & Body) <i>Alissa N.</i>		4:30PM-5:15PM (Mind & Body) <i>Lisa K.</i>			
<b>Swim Team - 4 Lanes</b> Pool		4:45PM-7:00PM (Lap Pools)	4:45PM-7:00PM (Lap Pools)	4:45PM-7:00PM (Lap Pools)			
<b>Pickleball: Family/Beginner</b> Gym		5:00PM-7:00PM (General)		5:00PM-7:00PM (General)	5:00PM-7:00PM (General)	11:00AM-1:00PM (General)	
<b>H2O Cardio</b> Therapy Pool		5:30PM-6:15PM (Aquatics) <i>Jennifer S.</i>	9:30AM-10:15AM (Aquatics) <i>Trudy S.</i>	8:30AM-9:15AM (Aquatics) <i>Marla V.</i>  5:30PM-6:30PM (Aquatics) <i>Jennifer S.</i>	7:30AM-8:15AM (Aquatics) <i>Jennifer S.</i>	7:30AM-8:15AM (Aquatics) <i>Amy H.</i>	
<b>Zumba</b> Main Studio		6:30PM-7:15PM (Dance) <i>Eden S.</i>	9:30AM-10:15AM (Dance) <i>Liz R.</i>  5:30PM-6:15PM (Dance) <i>Michelle C.</i>	5:30PM-6:15PM (Dance) <i>Liz R.</i>	8:30AM-9:15AM (Dance) <i>Lisa K.</i>  5:30PM-6:15PM (Dance) <i>Jessica C.</i>		
<b>Mat Pilates</b> Main Studio			7:30AM-8:15AM (Mind & Body) <i>Susan N.</i>				

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<b>Step</b> Main Studio			8:30AM-9:15AM (Cardio) <i>Susan N.</i>				
<b>H2O Flexibility</b> Therapy Pool			8:30AM-9:15AM (Aquatics) <i>Marla V.</i>				
<b>Plates &amp; Weights</b> Half Court Studio			9:30AM-10:00AM (Strength) <i>Stacy R.</i>				
<b>Les Mills SHAPES</b> Main Studio			10:30AM-11:15AM (Mind & Body) <i>Maura C.</i>				
<b>AOA Dance</b> Activity Room			10:30AM-11:15AM (Active Older Adults) <i>Alissa N.</i>				
<b>AOA Strength</b> Main Studio			11:30AM-12:15PM (Active Older Adults) <i>Gina A.</i>		10:45AM-11:30AM (Active Older Adults) <i>Gina A.</i>		
<b>Hip Hop Step</b> Main Studio			4:30PM-5:15PM (Cardio) <i>Reva C.</i>			10:30AM-11:15AM (Cardio) <i>Angie R.</i>	
<b>Aqua Zumba</b> Therapy Pool			6:30PM-7:15PM (Aquatics) <i>Erica T.</i>				
<b>Yoga</b> Activity Room				8:30AM-9:15AM (Mind & Body) <i>Alissa N.</i>			
<b>Les Mills RPM</b> Cycle Studio				9:30AM-10:15AM (Cycling) <i>Maura C.</i>			
<b>BODYPUMP</b> Half Court Studio				5:30PM-6:25PM (Strength) <i>Steph M.</i>		8:30AM-9:25AM (Strength) <i>Taina T.</i>	
<b>Open Gym</b> Gym					5:00AM-8:00AM (Gym)  12:00PM-8:00PM (Gym)		
<b>Les Mills SHAPES</b> Activity Room					8:30AM-9:15AM (Mind & Body) <i>Maura C.</i>		
<b>BARRE</b> Main Studio					9:30AM-10:15AM (Strength) <i>Alissa N.</i>		

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<b>Yin Yoga</b> Main Studio					4:30PM-5:15PM (Mind & Body) <i>Alissa N.</i>		
<b>Yoga/Pilates Fusion</b> Main Studio						8:30AM-9:15AM (Mind & Body) <i>Alissa N.</i>	
<b>Les Mills SPRINT</b> Cycle Studio						9:30AM-10:00AM (Cycling) <i>Ebony M.</i>	
<b>Dance Blast</b> Main Studio						9:30AM-10:15AM (Dance) <i>Annie R.</i>	
<b>Family Fitness</b> Half Court Studio						10:45AM-11:30AM (Youth & Family) <i>Alissa N.</i>	
<b>Restorative Yoga</b> Main Studio							3:00PM-3:45PM (Mind & Body) <i>Lisa K.</i>