



Clarksville | June 16th - June 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Gym						7:00AM-11:00PM (Gym)	
Pickleball: General Gym						7:00AM-11:00AM (General)	
BODYBALANCE Main Studio						7:30AM-8:25AM (Mind & Body) <i>Maura C.</i>	
H2O Cardio Therapy Pool						7:30AM-8:15AM (Aquatics) <i>Amy H.</i>	
Swim Lessons - Pool Open Therapy Pool						8:00AM-1:15PM (Lap Pools)	
Yoga/Pilates Fusion Main Studio						8:30AM-9:15AM (Mind & Body) <i>Alissa N.</i>	
BODYPUMP Half Court Studio						8:30AM-9:25AM (Strength) <i>Taina T.</i>	
Les Mills SPRINT Cycle Studio						9:30AM-10:00AM (Cycling) <i>Ebony M.</i>	
AOA Circuit Activity Room						9:30AM-10:15AM (Active Older Adults) <i>Angie R.</i>	
Dance Blast Main Studio						9:30AM-10:15AM (Dance) <i>Annie R.</i>	
Boot Camp Half Court Studio						9:45AM-10:30AM (Circuit Training) <i>Alissa N.</i>	
Hip Hop Step Main Studio						10:30AM-11:15AM (Cardio) <i>Angie R.</i>	
Family Fitness Half Court Studio						10:45AM-11:30AM (Youth & Family) <i>Alissa N.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball: Family/Beginner Gym						11:00AM-1:00PM (General)	
Restorative Yoga Main Studio							3:00PM-3:45PM (Mind & Body) <i>Lisa K.</i>