



Clarksville | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim - 4 Lanes 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)	5:00AM-4:30PM (Lap Pools)		
BODYPUMP Main Studio	5:30AM-6:25AM (Strength) <i>Teren Y.</i>	8:30AM-9:25AM (Strength) <i>Maura C.</i> 5:30PM-6:25PM (Strength) <i>Autumn A.</i>	5:30AM-6:25AM (Strength) <i>Teren Y.</i>	8:30AM-9:25AM (Strength) <i>Maura C.</i>	5:30AM-6:25AM (Strength) <i>Teren Y.</i>		
H2O Circuit Therapy Pool	5:30AM-6:15AM (Aquatics) <i>Trudy S.</i> 8:30AM-9:15AM (Aquatics) <i>Marla V.</i>	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>		
Mat Pilates Main Studio	7:30AM-8:15AM (Mind & Body) <i>Susan N.</i>		7:30AM-8:15AM (Mind & Body) <i>Susan N.</i>				
Boot Camp Half Court Studio	8:30AM-9:15AM (Circuit Training) <i>Keya G.</i>	9:30AM-10:15AM (Circuit Training) <i>Stacy R.</i> 4:30PM-5:15PM (Circuit Training) <i>Jason L.</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>Annie 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>Annie R.</i>	9:45AM-10:30AM (Circuit Training) <i>Erika C.</i>	
Step Main Studio	8:30AM-9:15AM (Cardio) <i>Susan N.</i> 5:30PM-6:15PM (Cardio) <i>Angie R.</i>		8:30AM-9:15AM (Cardio) <i>Susan N.</i>				
Les Mills THRIVE Activity Room	8:30AM-9:15AM (Strength) <i>Maura C.</i>						
Indoor Cycling Cycle Studio	9:30AM-10:15AM (Cycling) <i>Maura C.</i>	5:30AM-6:15AM (Cycling) <i>Stacy R.</i> 9:30AM-10:15AM (Cycling) <i>Maura C.</i>		5:30AM-6:15AM (Cycling) <i>Stacy R.</i>			

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H2O Cardio Therapy Pool	9:30AM-10:15AM (Aquatics) <i>Trudy S.</i>	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>Trudy S.</i>	
Plates & Weights Half Court Studio	9:30AM-10:00AM (Strength) <i>Tiffany D.</i>		9:30AM-10:00AM (Strength) <i>Tiffany D.</i>				
Yoga Activity Room	10:30AM-11:15AM (Mind & Body) <i>Natalie B.</i>			8:30AM-9:15AM (Mind & Body) <i>Brittany B.</i>			
AOA Circuit Main Studio	10:30AM-11:15AM (Active Older Adults) <i>Angie R.</i>						
Les Mills SHAPES Half Court Studio	10:30AM-11:15AM (Mind & Body) <i>Maura C.</i>						
AOA Yoga Activity Room	11:30AM-12:15PM (Active Older Adults) <i>Alissa N.</i>	10:30AM-11:15AM (Active Older Adults) <i>Alissa N.</i>			9:30AM-10:15AM (Active Older Adults) <i>Maura C.</i>		
Swim Lessons - Pool Open Therapy Pool	4:00PM-7:00PM (Lap Pools)	4:00PM-7:00PM (Lap Pools)	4:00PM-7:00PM (Lap Pools)	4:00PM-7:00PM (Lap Pools)		8:00AM-1:15PM (Lap Pools)	
Swim Team - 4 Lanes Pool	4:45PM-7:00PM (Lap Pools)	4:45PM-7:00PM (Lap Pools)	4:45PM-7:00PM (Lap Pools)	4:45PM-7:00PM (Lap Pools)			
Les Mills CORE Main Studio	5:00PM-5:30PM (Strength) <i>Tiffany D.</i>						
Les Mills RPM Cycle Studio	5:30PM-6:15PM (Cycling) <i>Stacy R.</i>			9:30AM-10:15AM (Cycling) <i>Maura C.</i>			
Zumba Main Studio	6:30PM-7:15PM (Dance) <i>Jose A.</i>	6:30PM-7:15PM (Dance) <i>Eden S.</i>	9:30AM-10:15AM (Dance) <i>Liz R.</i>	5:30PM-6:15PM (Dance) <i>Liz R.</i>	8:30AM-9:15AM (Dance) <i>Lisa K.</i>	9:30AM-10:15AM (Dance) <i>Erica T.</i>	
Aqua Zumba Therapy Pool	6:30PM-7:15PM (Aquatics) <i>Eden S.</i>		6:30PM-7:15PM (Aquatics) <i>Erica T.</i>				
Pickleball: General Gym		7:00AM-11:00AM (General)		7:00AM-11:00AM (General)	7:00AM-11:00AM (General)	7:00AM-11:00AM (General)	
Pickleball Gym		7:00AM-11:00AM (Gym)		7:00AM-11:00AM (Gym)	7:00AM-11:00AM (Gym)	7:00AM-11:00PM (Gym)	
HIIT Half Court Studio		7:00AM-7:45AM (Circuit Training) <i>Tia K.</i>		7:00AM-7:45AM (Circuit Training) <i>Tia K.</i>			

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BODYBALANCE Main Studio		7:30AM-8:25AM (Mind & Body) <i>Maura C.</i>		7:30AM-8:25AM (Mind & Body) <i>Maura C.</i>			
Prenatal Yoga Activity Room		8:30AM-9:15AM (Mind & Body) <i>Brittany B.</i>					
AOA Circuit 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>Alissa N.</i>	
BollyX Main Studio		9:30AM-10:15AM (Dance) <i>Cassie A.</i>		9:30AM-10:15AM (Dance) <i>Cassie A.</i>			
Stretch & Recover Main Studio		10:30AM-11:15AM (Mind & Body) <i>Maura C.</i>					
H2O Cardio (Deep Water) Pool		10:30AM-11:15AM (Aquatics) <i>Marla V.</i>					
Tai Chi Main Studio		12:30PM-1:15PM (Martial Arts) <i>Stuart B.</i>					
Yoga Main Studio		4:30PM-5:15PM (Mind & Body) <i>Natalie B.</i>		4:30PM-5:15PM (Mind & Body) <i>Lisa K.</i>		7:30AM-8:30AM (Mind & Body) <i>Kristen T.</i>	
Pickleball: Family/Beginner Gym		5:00PM-7:00PM (General)		5:00PM-7:00PM (General)	5:00PM-7:00PM (General)	11:00AM-1:00PM (General)	
H2O Flexibility Therapy Pool			8:30AM-9:15AM (Aquatics) <i>Marla V.</i>				
Les Mills SHAPES Main Studio			10:30AM-11:15AM (Mind & Body) <i>Maura C.</i>				
AOA Dance Activity Room			10:30AM-11:15AM (Active Older Adults) <i>Alissa N.</i>				
AOA Strength Main Studio			11:30AM-12:15PM (Active Older Adults) <i>Gina A.</i>		10:45AM-11:30AM (Active Older Adults) <i>Gina A.</i>		
Hip Hop Step Main Studio			4:30PM-5:15PM (Cardio) <i>Reva C.</i>			10:30AM-11:15AM (Cardio) <i>Reva C.</i>	
Dance Blast Main Studio			5:30PM-6:15PM (Dance) <i>Alissa N.</i>		5:30PM-6:15PM (Dance) <i>Alissa N.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Half Court Studio				5:30PM-6:25PM (Strength) <i>Steph M.</i>		8:30AM-9:25AM (Strength) <i>Steph M.</i>	
Open Gym Gym					5:00AM-8:00AM (Gym) 12:00PM-8:00PM (Gym)		
Les Mills SHAPES Activity Room					8:30AM-9:15AM (Mind & Body) <i>Maura C.</i>		
BARRE Main Studio					9:30AM-10:15AM (Strength) <i>Susan N.</i>		
Yin Yoga Main Studio					4:30PM-5:15PM (Mind & Body) <i>Natalie B.</i>		
Yoga/Pilates Fusion Main Studio						8:30AM-9:15AM (Mind & Body) <i>Kristen T.</i>	
Les Mills SPRINT Cycle Studio						9:30AM-10:00AM (Cycling) <i>Ebony M.</i>	
Family Fitness Half Court Studio						10:45AM-11:30AM (Youth & Family) <i>Erika C.</i>	
Restorative Yoga Main Studio							3:00PM-3:45PM (Mind & Body) <i>Lisa K.</i>