



Margaret Maddox | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim - 4 Lanes Indoor Pool	5:00AM-9:50AM (Lap Pools)	5:00AM-9:50AM (Lap Pools)	5:00AM-9:50AM (Lap Pools)	5:00AM-9:50AM (Lap Pools)	5:00AM-10:00AM (Lap Pools)		
Open Gym Basketball Gym	5:00AM-5:45AM (Gym) 10:30AM-11:15AM (Gym) 3:00PM-5:15PM (Gym)	5:00AM-5:45AM (Gym) 10:15AM-5:45PM (Gym) 7:15PM-9:00PM (Gym)	5:00AM-5:45AM (Gym) 10:45AM-11:15AM (Gym) 12:45PM-5:15PM (Gym) 7:30PM-9:00PM (Gym)	5:00AM-5:45AM (Gym) 7:15AM-8:45AM (Gym) 10:15AM-10:45AM (Gym) 12:15PM-4:00PM (Gym) 6:00PM-9:00PM (Gym)	5:00AM-5:45AM (Gym) 1:00PM-6:00PM (Gym)	7:00AM-7:20AM (Gym) 12:15PM-6:00PM (Gym) 3:00PM-6:00PM (Gym)	9:00AM-11:00AM (Gym) 1:00PM-6:00PM (Gym)
Indoor Cycling Cycling Studio	5:30AM-6:15AM (Cycling) <i>Andy I.</i>	5:30PM-6:15PM (Cycling) <i>Angela V.</i>		5:30PM-6:15PM (Cycling) <i>Angela V.</i>		8:30AM-9:15AM (Cycling) <i>Kelsey M.</i>	
Boot Camp Basketball Gym	6:00AM-7:00AM (Circuit Training) <i>William F.</i> 9:00AM-10:00AM (Circuit Training) <i>Samantha M.</i>	6:00AM-7:00AM (Circuit Training) <i>Kelsey W.</i>	6:00AM-7:00AM (Circuit Training) <i>Rhonda T.</i> 9:30AM-10:30AM (Circuit Training) <i>Samantha M.</i>	6:00AM-7:00AM (Circuit Training) <i>Luke F.</i>	6:00AM-7:00AM (Circuit Training) <i>William F.</i> 9:30AM-10:30AM (Circuit Training) <i>Samantha M.</i>		
Heated Yoga Flow Mind/Body Studio	7:05AM-8:05AM (Mind & Body) <i>William F.</i> 5:30PM-6:30PM (Mind & Body) <i>William F.</i>	11:30AM-12:30PM (Mind & Body) <i>William F.</i>	7:05AM-8:05AM (Mind & Body) <i>William F.</i> 11:30AM-12:30PM (Mind & Body) <i>William F.</i>	7:00AM-8:00AM (Mind & Body) <i>William F.</i> 11:30AM-12:30PM (Mind & Body) <i>William F.</i>	7:05AM-8:05AM (Mind & Body) <i>William F.</i>		
Pickleball - Half Court Basketball Gym	7:15AM-8:45AM (Gym)	7:15AM-8:45AM (Gym)	7:15AM-9:00AM (Gym)	2:00PM-4:00PM (Gym)	7:15AM-9:00AM (Gym)		11:00AM-1:00PM (Gym)
Open Gym - Half Court Basketball Gym	7:15AM-8:45AM (Gym) 12:45PM-3:00PM (Gym) 6:45PM-9:00PM (Gym)	7:15AM-8:45AM (Gym)	7:15AM-9:15AM (Gym)	4:00PM-6:00PM (Gym)	7:15AM-9:00AM (Gym) 10:45AM-1:00PM (Gym) 6:00PM-9:00PM (Gym)		11:00AM-1:00PM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle/Strength Fusion Cycling Studio	8:00AM-9:00AM (Cycling) <i>Pat S.</i>						
H2O Cardio Outdoor Pool	8:15AM-9:00AM (Aquatics) <i>Jenny A.</i>	8:15AM-9:00AM (Aquatics) <i>Jenny A.</i>	8:15AM-9:00AM (Aquatics) <i>Phyllis T.</i>	8:15AM-9:00AM (Aquatics) <i>Phyllis T.</i>	8:15AM-9:00AM (Aquatics) <i>Jenny A.</i>		
	9:10AM-9:55AM (Aquatics) <i>Jenny A.</i>	9:10AM-9:55AM (Aquatics) <i>Jenny A.</i>			9:10AM-9:55AM (Aquatics) <i>Jenny A.</i>		
Water Aerobics Outdoor Pool	8:15AM-9:00AM (Outdoor Pool)	8:15AM-9:00AM (Outdoor Pool)	8:15AM-9:00AM (Outdoor Pool)	8:15AM-9:00AM (Outdoor Pool)	8:15AM-9:00AM (Outdoor Pool)	8:00AM-8:45AM (Outdoor Pool)	
	9:10AM-9:55AM (Outdoor Pool)	9:10AM-9:55AM (Outdoor Pool)			9:10AM-9:55AM (Outdoor Pool)		
Swim Club Indoor Pool	9:00AM-10:00AM (Lap Pools)						
Advanced Vinyasa Yoga Mind/Body Studio	9:30AM-10:45AM (Mind & Body) <i>Danny W.</i>	5:15PM-6:15PM (Mind & Body) <i>Alicia J.</i>		9:30AM-10:45AM (Mind & Body) <i>Danny W.</i>		9:00AM-10:00AM (Mind & Body) <i>Kelsey W.</i>	
Swim Lessons/Lap Swim - 1 Lane Indoor Pool	9:50AM-11:45AM (Lap Pools)	9:50AM-11:45AM (Lap Pools)	9:50AM-11:45AM (Lap Pools)	9:50AM-11:45AM (Lap Pools)			
Open Swim Outdoor Pool	10:00AM-7:00PM (Dolphin Pool)	10:00AM-7:00PM (Dolphin Pool)	10:00AM-7:00PM (Dolphin Pool)	10:00AM-7:00PM (Dolphin Pool)	10:00AM-7:00PM (Dolphin Pool)	10:00AM-5:30PM (Dolphin Pool)	10:00AM-5:30PM (Dolphin Pool)
Youth Half Court Basketball Gym	10:15AM-11:15AM (Gym) <i>Fake A.</i>	10:15AM-12:00PM (Gym) <i>Fake A.</i>	10:45AM-11:15AM (Gym) <i>Fake A.</i>	10:00AM-10:45AM (Gym) <i>Fake A.</i>	10:30AM-12:00PM (Gym) <i>Fake A.</i>		
BARRE Family Fitness Studio	10:30AM-11:30AM (Strength) <i>Jenny A.</i>		10:30AM-12:00PM (Strength) <i>Skylar G.</i>		10:30AM-11:30AM (Strength) <i>Jenny A.</i>		
AOA Yoga Basketball Gym	11:30AM-12:30PM (Active Older Adults) <i>Maria C.</i>		11:30AM-12:30PM (Active Older Adults) <i>Maria C.</i>				
Total Strength Core Family Fitness Studio	11:30AM-12:00PM (Strength) <i>Jenny A.</i>	12:00PM-12:30PM (Strength) <i>Jenny A.</i>			11:30AM-12:00PM (Strength) <i>Jenny A.</i>		
Lap Swim - 3 Lanes Indoor Pool	11:50AM-5:30PM (Lap Pools)	11:50AM-4:55PM (Lap Pools)	11:50AM-3:55PM (Lap Pools)	11:50AM-4:55PM (Lap Pools)	10:00AM-8:00PM (Lap Pools)	7:00AM-7:45AM (Lap Pools)	9:00AM-5:30PM (Lap Pools)
	6:30PM-8:00PM (Lap Pools)	6:55PM-8:00PM (Lap Pools)	6:45PM-8:00PM (Lap Pools)	6:00PM-7:00PM (Lap Pools)		12:00PM-5:30PM (Lap Pools)	
BODYBALANCE Mind/Body Studio	12:15PM-1:15PM (Mind & Body) <i>Kelly P.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restorative Yoga Mind/Body Studio	4:00PM-5:00PM (Mind & Body) <i>William F.</i>						11:15AM-12:15PM (Mind & Body) <i>Chris C.</i>
BODYPUMP Family Fitness Studio	5:00PM-6:00PM (Strength) <i>Grace C.</i>	9:30AM-10:30AM (Strength) <i>Grace C.</i> 5:00PM-6:00PM (Strength) <i>Sara A.</i>	7:00AM-8:00AM (Strength) <i>Sarah C.</i>	10:15AM-11:15AM (Strength) <i>Grace C.</i>	9:00AM-10:00AM (Strength) <i>Grace C.</i>	7:10AM-8:00AM (Strength) <i>Sara A.</i>	2:00PM-3:00PM (Strength) <i>Charturah S.</i>
Water Aerobics/Lap Swim - 1 Lane Indoor Pool	5:30PM-6:30PM (Lap Pools)		6:00PM-6:45PM (Lap Pools)				
Dance Blast Basketball Gym	5:30PM-6:30PM (Dance) <i>Cedric B.</i>	9:00AM-10:00AM (Dance) <i>Samantha M.</i> 6:00PM-7:00PM (Dance) <i>Samantha V.</i>				9:00AM-10:00AM (Dance) <i>Kat M.</i>	
H2O Cardio Indoor Pool	5:45PM-6:30PM (Aquatics) <i>Phyllis T.</i>		6:00PM-6:45PM (Aquatics) <i>Phyllis T.</i>				
Cycle Blast Cycling Studio	6:00PM-6:45PM (Cycling) <i>Kaitlyn R.</i>	6:00AM-6:45AM (Cycling) <i>Allison B.</i>	7:00AM-7:45AM (Cycling) <i>Megan S.</i>	6:00AM-6:45AM (Cycling) <i>Allison B.</i>	9:00AM-10:00AM (Cycling) <i>Bernie H.</i>		
Total Strength Full Body Family Fitness Studio	6:30PM-7:30PM (Strength) <i>Charturah S.</i>		4:30PM-5:15PM (Strength) <i>Angela V.</i>			8:30AM-9:30AM (Strength) <i>Aprille D.</i>	
Basic Yoga Mind/Body Studio	6:45PM-7:45PM (Mind & Body) <i>Kelsey W.</i>	9:30AM-10:30AM (Mind & Body) <i>Christine P.</i>	9:30AM-10:30AM (Mind & Body) <i>Christine P.</i>		9:30AM-10:30AM (Mind & Body) <i>Christine P.</i>		
Hip Hop Step Family Fitness Studio		5:30AM-6:30AM (Cardio) <i>Tina M.</i> 6:30PM-7:30PM (Cardio) <i>Cecily S.</i>		5:30AM-6:30AM (Cardio) <i>Tina M.</i>			
Vinyasa Yoga Mind/Body Studio		6:00AM-7:00AM (Mind & Body) <i>Danny W.</i>	5:30PM-6:30PM (Mind & Body) <i>Alicia J.</i>	6:00PM-7:00PM (Mind & Body) <i>Alicia J.</i>			
Meditation Mind/Body Studio		7:30AM-8:00AM (Mind & Body) <i>William F.</i>					
AOA Cardio Family Fitness Studio		11:00AM-11:45AM (Active Older Adults) <i>Jenny A.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Club & Lap Swim Indoor Pool		5:00PM-6:00PM (Lap Pools)		5:00PM-6:00PM (Lap Pools)			
Swim Lessons/Lap Swim - 2 Lanes Indoor Pool		6:15PM-6:55PM (Lap Pools)	4:10PM-5:45PM (Lap Pools)				
Iyengar Yoga Mind/Body Studio		6:30PM-7:30PM (Mind & Body) <i>Chris C.</i>					10:00AM-11:00AM (Mind & Body) <i>Chris C.</i>
Step/Strength Fusion Family Fitness Studio			8:30AM-9:30AM (Circuit Training) <i>Pat S.</i>				
Yin Yoga Mind/Body Studio			4:00PM-5:00PM (Mind & Body) <i>Danny W.</i>				
Karate - Full Gym Basketball Gym			5:30PM-7:30PM (Gym)			10:15AM-12:15PM (Gym)	
Line Dancing Family Fitness Studio			5:30PM-6:30PM (Dance) <i>Tracy T.</i>				
Dance Blast Family Fitness Studio				9:00AM-10:00AM (Dance) <i>Kat M.</i> 6:15PM-7:15PM (Dance) <i>SALITA E.</i>			1:00PM-1:45PM (Dance) <i>Sara A.</i>
Total Strength Full Body Basketball Gym				9:00AM-10:00AM (Strength) <i>Samantha M.</i>			
AOA Circuit Basketball Gym				11:00AM-11:45AM (Active Older Adults) <i>Pat S.</i>			
Masters Swim/Lap Swim 2 Lanes Indoor Pool				7:00PM-8:00PM (Lap Pools)			
Tai Chi Mind/Body Studio					11:00AM-12:00PM (Mind & Body) <i>Billy S.</i>		
Pickleball Basketball Gym					11:00AM-1:00PM (Gym)		
Kickboxing Basketball Gym						7:30AM-8:30AM (Martial Arts) <i>Nita F.</i>	
Yoga Mind/Body Studio						7:30AM-8:30AM (Mind & Body) <i>Sarah C.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
H2O Circuit Outdoor Pool						8:00AM-8:45AM (Aquatics) <i>Pat S.</i>	
Swim Lessons - Pool Closed Indoor Pool						8:55AM-12:00PM (Lap Pools)	