

# SUMMER 2024, GROUP FITNESS AND WATER FITNESS CLASSES

as of 6/17/2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>* Most IN STUDIO CLASSES ARE ZOOMED*</b> All Zoom Only classes are for members ONLY</p>	<p><b>*In Studio Only (by Reservation)</b> 8:30am STEP w/Leesa</p>	<p><b>*In Studio/Zoom 8:00 am</b> MAT PILATES* w/Lynnda or <b>ZOOM ONLY on Alt.week w/Marcy</b></p>	<p><b>ZOOM ONLY 8:00 am</b> STRETCH 4 STRENGTH w/Carol</p>		<p><b>ZOOM ONLY 8:30 am</b> STRENGTH &amp; CORE w/Marcy</p>	
<p><b>*In Studio/Zoom (by Reservation) 10:00am</b> YOGA w/SK</p>	<p><b>*In Studio/ Zoom (by Reservation) 9:30am</b> STRENGTH w/Leesa</p>		<p><b>*In Studio/Zoom (by Reservation) 9:30am</b> BARRE w/Lynnda</p>	<p><b>*In Studio/Zoom (by Reservation) 9:30am</b> PILATES &amp; STRENGTH FUSION w/Leesa</p>	<p><b>*In Studio Only (by Reservation) 9:30am</b> LINE DANCE w/Barbara</p>	<p><b>*In Studio/Zoom (by Reservation)</b>  <b>(Taking a Break in the Summer)</b></p>
	<p><b>*In Studio/Zoom (by Reservation) 11:00am</b> STRETCH 4 STRENGTH w/ Carol</p>		<p><b>*In Studio/Zoom (by Reservation) 11:00pm</b> CHAIR FIT w/ Lynnda</p>			<p><b>(\$)AXIAL DANCE</b> BALLET &amp; JAZZ  <b>(Will return in September)</b></p>
<p><b>*Non-member: \$12.00/In-Studio classes only</b> <b>*Discount Digital Fitness Cards for In-studio Classes Only:</b></p>				<p><b>*In Studio/Zoom (by Reservation) 12:30pm</b> CHAIR FIT w/ Lynnda</p>		<p><b>(\$)AXIAL DANCE</b> BALLET &amp; JAZZ</p>
<p><b>\$80.00/8 classes</b></p>	<p><b>(\$)AXIAL DANCE</b> HIP HOP  <b>(Will return in September)</b></p>		<p><b>(\$) AXIAL DANCE</b> ADAPTIVE DANCE  <b>(Will return in September)</b></p>		<p><b>*In Studio/Zoom (by Reservation) 4:00 pm</b> YOGA w/Steph</p>	<p><b>(\$)AXIAL DANCE</b> BALLET &amp; JAZZ</p>
	<p><b>(\$) POM</b></p>		<p><b>(\$) AXIAL DANCE</b> CONTEMPORARY</p>			<p><b>(\$)AXIAL DANCE</b> JAZZ &amp; LYRICAL</p>
	<p><b>(\$) BALLET</b>  <b>(\$) POINTE</b></p>	<p><b>*In Studio/Zoom (by Reservation) 6:00 pm</b> YOGA FLOW <b>(All levels)</b> w/Kristen</p>	<p><b>(\$) AXIAL DANCE</b> CONTEMPORARY</p>		<p><b>ZOOM ONLY 6:00pm</b> TGIF STRETCH &amp; RELAX w/Carol</p>	<p><b>(\$)AXIAL DANCE</b> BALLET &amp; JAZZ</p>
	<p><b>(\$) BALLET</b></p>		<p><b>(\$) AXIAL DANCE</b> TAP</p>			

## POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MASTERS 9:00am</p>	<p>AQUAFIT <b>8:30am</b> (shallow water) <b>(members only)</b></p>	<p><b>(\$)HYDROFIT 9:00am</b> (deep water) member (\$5) &amp; non-member <b>(\$12 or with card)</b></p>	<p>AQUAFIT <b>8:30am</b> (shallow water) <b>(members only)</b></p>	<p><b>(\$)HYDROFIT 9:00am</b> (deep water) member (\$5) &amp; non-member <b>(\$12 or with card)</b></p>	<p>AQUAFIT <b>8:30am</b> (shallow water) <b>(members only)</b></p>	<p>AQUA/(\$) HYDRO <b>8:45am</b> (shallow water) Non-member (\$12 or with card) &amp; Members (no charge)</p>
	<p>AQUA/(\$) HYDRO <b>7:00pm</b> (shallow water) Non-member (\$12 or with card) &amp; Members (no charge)</p>	<p>MASTERS 8:00pm</p>	<p>AQUA/(\$) HYDRO <b>7:00pm</b> (shallow water) Non-member (\$12 or with card) &amp; Members (no charge)</p>	<p>MASTERS 8:00pm</p>		<p><b>(\$)Fee Based</b> Aqua/Hydrofit Discount Card <b>8 visits</b> <b>Members: \$40</b> <b>Non-Mem: \$80</b></p>