

GROUP FITNESS SCHEDULE

Effective: April 2023

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
<p>Aqua Tabata 10:30 – 11:30 a.m. Pool Deck</p> <p>A low-impact, high-intensity interval training class. A total body and cardio resistance training workout.</p>	<p>Yoga 10:30 – 11:30 a.m. Studio</p> <p>A class offering continuous movement linked with the breath.</p>	<p>Aqua Hydro-Fit 10:30 – 11:30 a.m. Pool Deck</p> <p>This rigorous workout combines water aerobics with plyometric, strength, and cardio training.</p>	<p>Aqua Fit with Abel 10:30 – 11:30 a.m. Pool Deck</p> <p>Join this fun, energetic low-impact class and get fit.</p>	<p>Yoga 10:00 – 11:00 a.m. Studio</p> <p>A class offering continuous movement linked with the breath.</p>
<p>Yoga 5:00 – 5:45 p.m. Studio</p> <p>A class offering continuous movement linked with the breath.</p>	<p>Aqua Aerobics 10:30 – 11:30 a.m. Pool Deck</p> <p>A fun, low-impact workout with several different movements.</p>			

Class times, formats, and instructors are subject to change. Outdoor classes are all weather permitted and will be moved inside if conditions are not ideal. Please bring water to class.

