

DECEMBER DROP-IN ACTIVITIES



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15–7:15AM	Absolute Abs (Omar)	Kroc Cycle (6AM–7AM) (Jackie)	Circuit Training (Omar)			
7:45–8:45AM	Yoga - Gym (Anna)	Zumba (8–9AM) (Wendy)		Yoga - Gym (Anna)	Body Pump (7am-8am) (Dilenna) Yoga - Gym (8–9AM) (Jackie)	Yoga - Field (Cecilia)
9:00–10:00AM	Kroc Cycle (Omar)	TRX (Sara)	Kroc Cycle (Omar) Cardio Boxing - Gym 9:15-9:45 (Dianna)	Kickboxing (9:15–9:45AM) Field (Dianna)		Body Pump (Nora)
10:00–11:00AM	*Pickleball (10–12PM)	SS Classic (Robyn)	*Pickleball (10–12PM)	SS Circuit (Robyn)	*Pickleball (10–12PM)	Zumba - Gym (Frances)
11:00AM–12:00PM		SS Yoga (Robyn)		SS Yoga (Robyn)		
4:30–5:30PM	SS Cardio Fit (Margaret)					
5:45–6:45PM	Body Pump (Kristie)		Kroc Cycle (Kristie)	Yoga - Field (Cecilia) Body Pump (Nora)		

*Pickleball is also Sunday from 8:30–11:30AM

AQUATICS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00–7:00AM		US Masters Swim (Comp)			US Masters Swim (Comp)	
7:00–8:00AM		AquaBoxing (Wendy-Rec)	AquaSize (Suzi-Rec)			
8:00–9:00AM	Adult Water Workout (Patricia-Rec)	AquaPole (Terri-Rec) Aqua Drum (Terri-Rec) (These classes alternate)	Aquatone & Balance (Suzi-Rec)	AquaZumba (Terri-Rec)	Adult Water Workout (Patricia-Rec)	Aqua Burn (Kayla-Rec)
8:45–9:45AM						SUNDAYS ONLY US Masters Swim (Annette-Comp)
9:00–10:00AM	Wall Core & More (Brenda-Comp)		Wall Core & More (Suzi-Comp)			Wall Core & More (Brenda-Comp)
9:15–10:15AM	Arthritis Foundation (Patricia-Therapy)				Arthritis Foundation (Patricia-Therapy)	
10:00–11:00AM	Deep Water Workout (Brenda-Comp)		Deep Water Workout (Suzi-Comp)			
4:00–5:00PM	Aqua Zumba (Terri-Rec)		Ai Chi (4:30–5:30PM) (Margaret-Therapy)			
6:00–7:00PM	Ai Chi (Margaret-Therapy)					



**GROUP
EXERCISE
SCHEDULE**



**AQUATICS GROUP
EXERCISE SCHEDULE**