

MAY SCHEDULE



HEALTH & FITNESS CENTER
racquet park

- Monday–Thursday 6 a.m.–7 p.m. & Friday–Sunday 6 a.m. –6 p.m.
- Pool closed daily 10 – 10:30 a.m. for cleaning and closed 8:30–10 a.m. on days that our Aqua Tone Class is offered
- Family swim is 12 p.m. to close daily

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|---|---|
| | | | | 1 7:15 a.m. Game Ready Instructor: Tanesha 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana | 2 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey |
| 4 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Macy | 5 7:15 a.m. Game Ready Instructor: Tanesha 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Gentle Yoga Instructor: Pauline | 6 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Viviana 10:30 a.m. Fusion Spin Instructor: Viviana | 7 8 a.m. Circuit Training Instructor: Viviana 9:15 a.m. Mat Sculpt Instructor: Viviana 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy | 8 7:15 a.m. Game Ready Instructor: Tanesha 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana | 9 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey |
| 11 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Macy | 12 7:15 a.m. Game Ready Instructor: Tanesha 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Gentle Yoga Instructor: Pauline | 13 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline | 14 8 a.m. Circuit Training Instructor: Viviana 9:15 a.m. Mat Sculpt Instructor: Cathy 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy | 15 7:15 a.m. Game Ready Instructor: Tanesha 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana | 16 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey |
| 18 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Macy | 19 7:15 a.m. Game Ready Instructor: Tanesha 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Gentle Yoga Instructor: Pauline | 20 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline | 21 8 a.m. Circuit Training Instructor: Viviana 9:15 a.m. Mat Sculpt Instructor: Pauline 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy | 22 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana | 23 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey |
| 25 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Macy | 26 7:15 a.m. Game Ready Instructor: Tanesha 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Gentle Yoga Instructor: Pauline | 27 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline | 28 8 a.m. Circuit Training Instructor: Tanesha 9:15 a.m. Mat Sculpt Instructor: Pauline 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy | 29 7:15 a.m. Game Ready Instructor: Tanesha 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Pauline | 30 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey MEMBER APPRECIATION EVENT 9:30 a.m.-12:30 p.m. |

Aqua Fit | 50 Min | \$20/Guest & \$16/Member
High-energy, low-impact water workout for cardio and strength

Aqua Tone | 50 Min | \$20/Guest & \$16/Member
Gentle water workout with light cardio, resistance, and stretching.

Beginner Strength | 50 Min | \$20/Guest & \$16/Member
Intro to strength training focused on posture and core.

Body Tone | 50 Min | \$20/Guest & \$16/Member
Full-body toning with dumbbells and bodyweight exercises.

Circuit Training | 45 Min | \$20/Guest & \$16/Member
Fast-paced circuit workout to build strength and endurance.

Fusion Spin | 50 Min | \$20/Guest & \$16/Member
Cycling class with core and weight work, set to upbeat music.

Game Ready | 30 Min | \$20/Guest & \$16/Member
Blend strength, agility, and high-energy conditioning to help you move faster, jump higher, and compete longer.

Gentle Yoga | 50 Min | \$20/Guest & \$16/Member
Focuses on foundational poses to improve balance, flexibility, back health, and core strength.

Healing Stretch | 50 Min | \$20/Guest & \$16/Member
Gentle stretching and mobility to support recovery.

Mat Sculpt | 50 Min | \$20/Guest & \$16/Member
Pilates-inspired mat exercises focusing on strength, core stability and posture.

Yoga | 50 Min | \$20/Guest & \$16/Member
All-levels flow connecting breath, movement, and mindfulness.