

SEPTEMBER 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 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	2 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline	3 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Julie Z. 9:15 a.m. Mat Sculpt Instructor: Pauline 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	4 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana	5 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey
7 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	8 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	9 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline	10 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Julie Z. 9:15 a.m. Mat Sculpt Instructor: Pauline 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	11 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana	12 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey
14 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	15 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	16 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline	17 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Julie Z. 9:15 a.m. Mat Sculpt Instructor: Pauline 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	18 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana	19 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey
21 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	22 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	23 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline	24 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Julie Z. 9:15 a.m. Mat Sculpt Instructor: Pauline 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	25 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Julie Z. 9:15 a.m. Yoga Instructor: Viviana	26 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey
28 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	29 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Julie Z. 9:15 a.m. Gentle Yoga Instructor: Pauline	30 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline			

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.

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.