



Pool and Aquatic Program Schedule – August 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
6:00AM	OPEN SWIM	OPEN SWIM	WATER WORKOUT 7-8am	OPEN SWIM	OPEN SWIM						
6:30AM											
7:00AM											
7:30AM											
8:00AM											
8:30AM											
9:00AM	Swim Lessons – Session 3: August 8-19th, 2011 <i>No open swim – lane swim ONLY</i>					OPEN SWIM	OPEN SWIM				
9:30AM	Swim Lessons – Session 3: August 8-19th, 2011 <i>No open swim – lane swim ONLY</i>										
10:00AM											
10:30AM											
11:00AM								OPEN SWIM	OPEN SWIM		OPEN SWIM
11:30AM								WATER WORKOUT 12-1PM	OPEN SWIM	WATER WORKOUT 12-1PM	
12:00PM											
12:30PM											
1:00PM	YMCA RENTAL	OPEN SWIM	YMCA RENTAL	OPEN SWIM							
1:30PM											
2:00PM											
2:30PM											
3:00PM	Swim Lessons – Session 3: August 8-19th, 2011 <i>No open swim – lane swim ONLY</i>					OPEN SWIM	OPEN SWIM				
3:30PM	Swim Lessons – Session 3: August 8-19th, 2011 <i>No open swim – lane swim ONLY</i>										
4:00PM											
4:30PM											
5:00PM								OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
5:30PM								OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
6:00PM											
6:30PM											
7:00PM											
7:30PM											
8:00PM											
8:30PM											
9:00PM											

Classes may be subject to change based on staff availability. Please do not be more than 5 minutes late for any class.

Fitness Program Schedule – August 2011

Group Fitness Program Break Aug 29 – Sept 2, New Fall Class Schedule Begins Sept 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>BOOTCAMP – Challenge this high intensity, results-oriented class. Test your muscle endurance, strength and most of all your determination.</p> <p>SPIN/POWER YOGA – Aerobic interval moves on spin bikes and a fusion of fitness-based vinyasa-style yoga poses.</p>	<p>ZUMBA - combines fast & slow rhythms to tone & sculpt the body using an aerobic/fitness approach - a unique blended balance of cardio and</p> <p>SPIN & SCULPT – Use your pedal power to get a great sweat and then tone your body with full-strength</p>	<p>TOTAL BODY – Torch some calories in this high-energy class using a variety of fitness tools to get those muscles working.</p> <p>HATHA YOGA – Stress reducing postures, stretching, breathing and core strength. Exercises strengthen the core while developing stability and control.</p>			
1	2	3	4	5	6	7
	<p style="text-align: center;">SPIN/PILATES (9:30-11:00am)</p> <p style="text-align: center;">SPIN/POWER YOGA (6:30-7:30pm)</p> <p style="text-align: center;">HATHA YOGA (7:30 – 8:30)</p>	<p style="text-align: center;">ZUMBA! (9:30-10:30am)</p> <p style="text-align: center;">SPIN & SCULPT (6:30-7:30pm)</p>	<p style="text-align: center;">TOTAL BODY (9:30-10:30am)</p> <p style="text-align: center;">ZUMBA! (6:30-7:30pm)</p> <p style="text-align: center;">HATHA YOGA (7:30 – 8:30pm)</p>			
8	9	10	11	12	13	14
	<p style="text-align: center;">BOOTCAMP (9:30-10:30am)</p> <p style="text-align: center;">SPIN/POWER YOGA (6:30-7:30pm)</p> <p style="text-align: center;">HATHA YOGA (7:30 – 8:30)</p>	<p style="text-align: center;">ZUMBA! (9:30-10:30am)</p> <p style="text-align: center;">SPIN & SCULPT (6:30-7:30pm)</p>	<p style="text-align: center;">TOTAL BODY (9:30-10:30am)</p> <p style="text-align: center;">ZUMBA! (6:30-7:30pm)</p> <p style="text-align: center;">HATHA YOGA (7:30 – 8:30pm)</p>			
15	16	17	18	19	20	21
	<p style="text-align: center;">BOOTCAMP (9:30-10:30am)</p> <p style="text-align: center;">SPIN/POWER YOGA (6:30-7:30pm)</p> <p style="text-align: center;">HATHA YOGA (7:30 – 8:30)</p>	<p style="text-align: center;">ZUMBA! (9:30-10:30am)</p> <p style="text-align: center;">SPIN & SCULPT (6:30-7:30pm)</p>	<p style="text-align: center;">TOTAL BODY (9:30-10:30am)</p> <p style="text-align: center;">ZUMBA! (6:30-7:30pm)</p> <p style="text-align: center;">HATHA YOGA (7:30-8:30pm)</p>			
	23	24	25	26		
	<p style="text-align: center;">BOOTCAMP (9:30-11am)</p> <p style="text-align: center;">SPIN/POWER YOGA (6:30-7:30pm)</p> <p style="text-align: center;">HATHA YOGA (7:30-8:30pm)</p>	<p style="text-align: center;">ZUMBA! (9:30-10:30am)</p> <p style="text-align: center;">SPIN & SCULPT (6:30-7:30pm)</p>	<p style="text-align: center;">TOTAL BODY (9:30-10:30am)</p> <p style="text-align: center;">ZUMBA! (6:30-7:30pm)</p> <p style="text-align: center;">HATHA YOGA (7:30-8:30pm)</p>			

Classes may be subject to change based on instructor availability. Minimum of 3 participants is needed.