

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|---|--------|
| Total Body Fit 9:00 AM | Amateur Hour 6:30 AM Anna | Amateur Hour 6:30 AM Anna | Amateur Hour 6:30 AM Anna | Amateur Hour 6:30 AM Anna | Total Body Fitness 8:00 AM | |
| Aqua Challenge 2.0 9:30 AM Erin | Aqua Challenge 8:30 AM Erin | Total Body 9:00 AM Lindsey | Total Body 9:30 AM John | Amateur Hour 9:00 AM Lindsey | Kids Swim Camp 11:00 AM Anna | |
| Lift Club 10:00 AM | Burn 360 9:30 AM Amy | Lift Club 10:00 AM Amy | Aqua Fit 10:30 AM Erin | Aqua Challenge 10:00 AM Erin | | |
| Burn 360 5:00 PM | Amateur Hour 10:30 AM Anna | Aqua Challenge 10:30 AM Erin | Amateur Hour 10:30 AM Anna | Lift Club 10:00 AM Amy | | |
| Burn 360 6:00 AM | Burn 360 5:00 PM Ted | Burn 360 5:00 PM Ted | Burn 360 5:00 PM Ted | | | |
| | H2O Basics 5:00 PM Kevin | Burn 360 6:00 PM Lauren | | | | |

Fundamentals Classes


| Monday | Wednesday | Saturday |
|--------------------|--------------------|----------|
| 9:00 AM 4:00 PM | 9:00 AM 4:00 PM | 11:00 AM |

Reservation Required **RR**

Club Hours
Monday - Friday
 5 AM - 11 PM
Saturday - Sunday
 7 AM - 7PM

Kids' Club Hours
Monday - Friday
 8:30 AM - 1PM & 4PM - 8:30PM
Saturday - Sunday
 8AM-1PM

Note: Class and instructors are subject to change without prior notice. **Reservations open at 4PM. As a courtesy to other members, please arrive to class on time.**

 Cellphones are not permitted in class. Thank You