



# Try It Week

**MONDAY, DECEMBER 20 - SATURDAY, JANUARY 8**

Enjoy a complimentary sneak preview of some of our upcoming  
Advanced, introductory classes and more!

**MONDAY, DECEMBER 20**

6:10-6:55pm • Zumba® Toning with Dalilah - Studio  
9:15-10am • Water Bootcamp with Dalilah - Exercise Pool

**WEDNESDAY, DECEMBER 29**

9:30-10:30am • Barre Sculpt with Irish - Mind|Body Studio  
5:10-5:55pm • Tabata in the Pool with Cindy - Exercise Pool

**THURSDAY, DECEMBER 30**

9-9:45am • Tabata in the Pool with Cindy - Exercise Pool  
5-6pm • Junior Bootcamp (ages 9-15) with Jenna  
- Functional Training Room

**TUESDAY, JANUARY 4**

8-8:55am • Women on Weights with Lauree - Gym/Court  
9-9:30am • TRX with Connie - Fitness Floor  
5-6pm • Adult Learn to Swim with Michael - Lap Pool  
5:30-6:30pm • Power with Chris - Gym/Court  
7:15-8:10pm • Ballroom Dance Walts & Rumba - Studio

**WEDNESDAY, JANUARY 5**

5:10-5:55pm • Tabata in the Pool with Cindy - Exercise Pool

**THURSDAY, JANUARY 6**

5:45-6:40am • Glide Fit - Lap Pool  
9-9:45am • Tabata in the Pool with Cindy - Exercise Pool  
9-9:55am • Women on Weights with Lauree - Gym/Court  
10:15-11:10am • Restorative Yoga with Susan  
- Mind|Body Studio  
5-6pm • Junior Bootcamp (ages 9-15) with Jenna  
- Functional Training Room  
5:30-6:30pm • Power with Chris - Gym/Court

**SATURDAY, JANUARY 8**

8:30-9:25am • Power Yoga with Tami - Mind|Body Studio  
10:05-10:55am • Fit Kids with Susan - Studio

Sign up other dates in the binder at the programming  
table in the Lobby.

