

# April 13 - April 19



| MON APR 13 | TUE APR 14 | WED APR 15 | THU APR 16  | FRI APR 17  | SAT APR 18  | SUN APR 19  |
|------------|------------|------------|---|---|---|---|
|            |            |            | 4:30 am - 6:00 am<br><b>Adult Swim</b><br><i>Indoor Lap Pool</i>                      | 4:30 am - 9:00 am<br><b>Adult Swim</b><br><i>Indoor Lap Pool</i>                      | 6:30 am - 8:15 am<br><b>Adult Swim</b><br><i>Indoor Lap Pool</i>                      | 6:30 am - 10:00 am<br><b>Adult Swim</b><br><i>Indoor Lap Pool</i>                       |
|            |            |            | 5:30 am - 6:15 am<br><b>BODYPUMP®</b><br><i>Move Studio</i>                           | 5:30 am - 6:15 am<br><b>Cycle</b><br><i>Ride Studio</i>                               | 7:30 am - 8:15 am<br><b>Barre Basics</b><br><i>Lotus Studio</i>                       | 8:25 am - 8:55 am<br><b>Core</b><br><i>Move Studio</i>                                  |
|            |            |            | 6:00 am - 6:45 am<br><b>Yoga</b><br><i>Lotus Studio</i>                               | 5:30 am - 6:30 am<br><b>Body Transformation Boot Camp</b><br><i>Training Studio</i>   | 7:30 am - 8:15 am<br><b>Cycle</b><br><i>Ride Studio</i>                               | 9:00 am - 9:45 am<br><b>Cycle</b><br><i>Ride Studio</i>                                 |
|            |            |            | 6:00 am - 6:55 am<br><b>Adult Swim Limited Availability</b><br><i>Indoor Lap Pool</i> | 6:15 am - 7:00 am<br><b>Yoga Stretch</b><br><i>Lotus Studio</i>                       | 8:00 am - 9:00 am<br><b>Women on Weights</b><br><i>Training Studio</i>                | 9:00 am - 9:45 am<br><b>Strength</b><br><i>Move Studio</i>                              |
|            |            |            | 6:00 am - 6:55 am<br><b>Water</b><br><i>Indoor Lap Pool</i>                           | 8:00 am - 8:45 am<br><b>Pilates</b><br><i>Lotus Studio</i>                            | 8:00 am - 9:00 am<br><b>BODYPUMP®</b><br><i>Move Studio</i>                           | 9:00 am - 9:55 am<br><b>Yoga</b><br><i>Lotus Studio</i>                                 |
|            |            |            | 6:55 am - 9:00 am<br><b>Adult Swim</b><br><i>Indoor Lap Pool</i>                      | 8:00 am - 8:50 am<br><b>BODYPUMP®</b><br><i>Move Studio</i>                           | 8:15 am - 9:00 am<br><b>Adult Swim Limited Availability</b><br><i>Indoor Lap Pool</i> | 10:00 am - 10:55 am<br><b>Water Power</b><br><i>Indoor Lap Pool</i>                     |
|            |            |            | 7:00 am - 8:00 am<br><b>Total Strength</b><br><i>Training Studio</i>                  | 9:00 am - 9:45 am<br><b>Adult Swim Limited Availability</b><br><i>Indoor Lap Pool</i> | 8:15 am - 9:00 am<br><b>Aqua Zumba®</b><br><i>Indoor Lap Pool</i>                     | 10:00 am - 11:45 am<br><b>Adult Swim Limited Availability</b><br><i>Indoor Lap Pool</i> |
|            |            |            | 7:45 am - 8:35 am<br><b>Stretch</b><br><i>Lotus Studio</i>                            | 9:00 am - 9:45 am<br><b>Strength</b><br><i>Move Studio</i>                            | 8:30 am - 9:00 am<br><b>Core</b><br><i>Lotus Studio</i>                               | 10:30 am - 12:00 pm<br><b>Belly Dance Foundations</b><br><i>Move Studio</i>             |
|            |            |            | 8:00 am - 8:45 am<br><b>Strength</b><br><i>Move Studio</i>                            | 9:00 am - 9:45 am<br><b>Cycle</b><br><i>Ride Studio</i>                               | 8:30 am - 9:25 am<br><b>Cycle</b><br><i>Ride Studio</i>                               | 11:00 am - 11:45 am<br><b>Water Yoga</b><br><i>Indoor Lap Pool</i>                      |
|            |            |            | 9:00 am - 9:45 am<br><b>Cycle</b><br><i>Ride Studio</i>                               | 9:00 am - 9:45 am<br><b>Aqua Zumba®</b><br><i>Indoor Lap Pool</i>                     | 9:00 am - 10:00 am<br><b>Adult Swim</b><br><i>Indoor Lap Pool</i>                     | 11:45 am - 2:00 pm<br><b>Open Swim</b><br><i>Indoor Lap Pool</i>                        |
|            |            |            | 9:00 am - 9:55 am<br><b>Adult Swim Limited Availability</b><br><i>Indoor Lap Pool</i> | 9:00 am - 9:50 am<br><b>Barre Basics</b><br><i>Lotus Studio</i>                       | 9:10 am - 10:00 am<br><b>Step Fusion</b><br><i>Move Studio</i>                        | 2:00 pm - 5:45 pm<br><b>Adult Swim</b><br><i>Indoor Lap Pool</i>                        |
|            |            |            | 9:00 am - 9:55 am<br><b>Zumba®</b><br><i>Move Studio</i>                              | 9:45 am - 3:00 pm<br><b>Adult Swim</b><br><i>Indoor Lap Pool</i>                      | 9:15 am - 10:10 am<br><b>Yoga</b><br><i>Lotus Studio</i>                              |   |
|            |            |            | 9:00 am - 9:55 am<br><b>Water</b><br><i>Indoor Lap Pool</i>                           | 10:00 am - 10:45 am<br><b>Balance and Stability</b><br><i>Move Studio</i>             | 9:15 am - 10:15 am<br><b>Gladiator Boot Camp</b><br><i>Training Studio</i>            |   |
|            |            |            | 9:00 am - 10:00 am<br><b>Empower Yoga</b><br><i>Lotus Studio</i>                      | 10:00 am - 10:55 am<br><b>Yoga Stretch</b><br><i>Lotus Studio</i>                     | 10:00 am - 10:30 am<br><b>Swim Lesson Parent/Tot</b><br><i>Indoor Lap Pool</i>        |   |

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| APR 13 | APR 14 | APR 15 | APR 16  | APR 17   | APR 18   | APR 19 |
|        |        |        | 9:55 am - 2:00 pm<br><b>Adult Swim</b><br><i>Indoor Lap Pool</i>                      | GF 3:00 pm - 7:45 pm<br><b>Open Swim</b><br><i>Indoor Lap Pool</i> | GF 10:00 am - 12:30 pm<br><b>Adult Swim Limited Availability</b><br><i>Indoor Lap Pool</i> |        |
|        |        |        | 10:00 am - 10:45 am<br><b>Core</b><br><i>Move Studio</i>                              | GF 5:30 pm - 6:15 pm<br><b>Pilates</b><br><i>Lotus Studio</i>      | GF 10:05 am - 11:00 am<br><b>Hip Hop</b><br><i>Move Studio</i>                             |        |
|        |        |        | 11:00 am - 11:45 am<br><b>BODYPUMP®</b><br><i>Move Studio</i>                         |  | GF 10:35 am - 11:05 am<br><b>Swim Lesson Preschool</b><br><i>Indoor Lap Pool</i>           |        |
|        |        |        | 11:00 am - 11:55 am<br><b>Yoga Stretch</b><br><i>Lotus Studio</i>                     |  | GF 11:10 am - 11:40 am<br><b>Swim Lesson Preschool+</b><br><i>Indoor Lap Pool</i>          |        |
|        |        |        | 12:00 pm - 12:45 pm<br><b>Chair Yoga</b><br><i>Lotus Studio</i>                       |  | GF 12:30 pm - 2:00 pm<br><b>Open Swim</b><br><i>Indoor Lap Pool</i>                        |        |
|        |        |        | 1:15 pm - 2:45 pm<br><b>Area Reserved</b><br><i>Lotus Studio</i>                      |  | GF 2:00 pm - 5:45 pm<br><b>Adult Swim</b><br><i>Indoor Lap Pool</i>                        |        |
|        |        |        | 2:00 pm - 5:00 pm<br><b>Open Swim</b><br><i>Indoor Lap Pool</i>                       |  |  |        |
|        |        |        | 5:00 pm - 6:00 pm<br><b>Swim Club</b><br><i>Indoor Lap Pool</i>                       |  |  |        |
|        |        |        | 5:00 pm - 6:00 pm<br><b>Race Day Ready</b><br><i>Move Studio</i>                      |  |  |        |
|        |        |        | 5:15 pm - 6:00 pm<br><b>Yoga</b><br><i>Lotus Studio</i>                               |  |  |        |
|        |        |        | 6:00 pm - 7:00 pm<br><b>G.R.I.T.</b><br><i>Training Studio</i>                        |  |  |        |
|        |        |        | 6:00 pm - 7:45 pm<br><b>Adult Swim Limited Availability</b><br><i>Indoor Lap Pool</i> |  |  |        |
|        |        |        | 6:10 pm - 7:00 pm<br><b>Pilates</b><br><i>Lotus Studio</i>                            |  |  |        |
|        |        |        | 6:15 pm - 7:00 pm<br><b>Water</b><br><i>Indoor Lap Pool</i>                           |  |  |        |
|        |        |        | 7:00 pm - 7:45 pm<br><b>Water Yoga</b><br><i>Indoor Lap Pool</i>                      |  |  |        |
|        |        |        | 7:45 pm - 8:45 pm<br><b>Adult Swim</b><br><i>Indoor Lap Pool</i>                      |  |  |        |