

# May 18 - May 24



MON MAY 18	TUE MAY 19	WED MAY 20	THU MAY 21	FRI MAY 22	SAT MAY 23	SUN MAY 24
5:00 am - 8:15 am LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	5:00 am - 9:00 am LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	5:00 am - 7:30 am LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	5:00 am - 9:00 am LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	5:00 am - 9:15 am LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	6:30 am - 8:00 am LC <b>Intermediate/Advanced Open Pickleball</b> <i>Gym</i>	6:30 am - 8:00 am LC <b>Beginner/Intermediate Open Pickleball</b> <i>Gym</i>
5:00 am - 1:00 pm LC <b>Area Reserved   Open Gym</b> <i>Gym</i>	5:00 am - 9:00 am LC <b>Area Reserved   Open Gym</b> <i>Gym</i>	5:00 am - 10:00 am LC <b>Area Reserved   Open Gym</b> <i>Gym</i>	5:00 am - 9:00 am LC <b>Area Reserved   Open Gym</b> <i>Gym</i>	5:00 am - 10:30 am LC <b>Area Reserved   Open Gym</b> <i>Gym</i>	6:30 am - 10:00 am LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	6:30 am - 11:00 am LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>
5:15 am - 6:05 am LC <b>Strength</b> <i>Move Studio</i>	5:30 am - 6:15 am LC <b>Cycle</b> <i>Ride Studio</i>	5:15 am - 6:10 am LC <b>BODYPUMP®</b> <i>Move Studio</i>	5:30 am - 6:00 am LC <b>SPRINT®</b> <i>Ride Studio</i>	5:30 am - 6:20 am LC <b>Balance and Stability</b> <i>Lotus Studio</i>	7:45 am - 8:30 am LC <b>Cycle</b> <i>Ride Studio</i>	7:45 am - 8:30 am LC <b>Interval</b> <i>Move Studio</i>
6:00 am - 10:00 am LC <b>Personal Training</b> <i>Lift Studio</i>	6:00 am - 6:30 am LC <b>Core</b> <i>Move Studio</i>	7:00 am - 7:50 am LC <b>BODYCOMBAT®</b> <i>Move Studio</i>	6:10 am - 6:40 am LC <b>Core</b> <i>Move Studio</i>	5:45 am - 6:40 am LC <b>BODYPUMP®</b> <i>Move Studio</i>	8:00 am - 8:55 am LC <b>Yoga</b> <i>Lotus Studio</i>	8:00 am - 9:30 am LC <b>Intermediate/Advanced Open Pickleball</b> <i>Gym</i>
8:00 am - 8:45 am LC <b>Interval</b> <i>Move Studio</i>	6:20 am - 6:50 am LC <b>Yoga</b> <i>Lotus Studio</i>	7:00 am - 9:00 am LC <b>Personal Training</b> <i>Lift Studio</i>	6:45 am - 7:15 am LC <b>HIIT &amp; Lift</b> <i>Lift Studio</i>	7:30 am - 8:00 am LC <b>LES MILLS CORE®</b> <i>Lotus Studio</i>	8:00 am - 8:55 am LC <b>BODYPUMP®</b> <i>Move Studio</i>	9:00 am - 9:55 am LC <b>BODYCOMBAT®</b> <i>Move Studio</i>
8:15 am - 9:10 am LC <b>Water Power</b> <i>Indoor Lap Pool</i>	6:40 am - 7:10 am LC <b>Arm Day</b> <i>Move Studio</i>	7:30 am - 8:25 am LC <b>Water Power</b> <i>Indoor Lap Pool</i>	7:20 am - 7:50 am LC <b>Core</b> <i>Move Studio</i>	8:00 am - 8:45 am LC <b>Ringside</b> <i>Move Studio</i>	8:00 am - 9:30 am LC <b>Beginner/Intermediate Open Pickleball</b> <i>Gym</i>	9:00 am - 9:55 am LC <b>Yoga</b> <i>Lotus Studio</i>
8:30 am - 9:25 am LC <b>Pilates</b> <i>Lotus Studio</i>	6:45 am - 7:15 am LC <b>HIIT &amp; Lift</b> <i>Lift Studio</i>	8:00 am - 8:45 am LC <b>Ringside</b> <i>Move Studio</i>	7:30 am - 10:00 am LC <b>Personal Training</b> <i>Lift Studio</i>	8:00 am - 11:00 am LC <b>Personal Training</b> <i>Lift Studio</i>	8:40 am - 9:10 am LC <b>SPRINT®</b> <i>Ride Studio</i>	9:30 am - 11:00 am LC <b>Adult Open Gym</b> <i>Gym</i>
9:15 am - 10:10 am LC <b>BODYPUMP®</b> <i>Move Studio</i>	7:30 am - 9:30 am LC <b>Personal Training</b> <i>Lift Studio</i>	8:00 am - 8:50 am LC <b>Yoga Stretch</b> <i>Lotus Studio</i>	7:45 am - 8:45 am LC <b>Barre Burner</b> <i>Lotus Studio</i>	8:15 am - 8:45 am LC <b>SPRINT®</b> <i>Ride Studio</i>	9:15 am - 9:45 am LC <b>LES MILLS CORE®</b> <i>Move Studio</i>	10:05 am - 11:00 am LC <b>Yoga</b> <i>Lotus Studio</i>
9:15 am - 1:00 pm LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	8:00 am - 8:45 am LC <b>Leg Day</b> <i>Move Studio</i>	8:30 am - 9:00 am LC <b>SPRINT®</b> <i>Ride Studio</i>	8:00 am - 8:45 am LC <b>Strength</b> <i>Move Studio</i>	9:00 am - 9:55 am LC <b>BODYPUMP®</b> <i>Move Studio</i>	9:30 am - 11:30 am LC <b>Area Reserved</b> <i>Gym</i>	11:00 am - 1:00 pm LC <b>Open Gym</b> <i>Gym</i>
9:30 am - 10:15 am LC <b>Cycle</b> <i>Ride Studio</i>	8:00 am - 8:45 am LC <b>Pilates</b> <i>Lotus Studio</i>	8:30 am - 12:00 pm LC <b>Adult Swim</b> <i>Indoor Lap Pool</i>	9:00 am - 9:45 am LC <b>Strength</b> <i>Move Studio</i>	9:00 am - 10:00 am LC <b>OutFITT</b> <i>Outdoors</i>	10:00 am - 11:00 am LC <b>Zumba®</b> <i>Move Studio</i>	11:00 am - 3:30 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>
10:30 am - 11:15 am LC <b>Balance and Stability</b> <i>Move Studio</i>	9:00 am - 9:45 am LC <b>Strength</b> <i>Move Studio</i>	9:10 am - 9:40 am LC <b>Core</b> <i>Move Studio</i>	9:00 am - 9:55 am LC <b>Stretch</b> <i>Lotus Studio</i>	9:05 am - 10:00 am LC <b>Yoga Flow</b> <i>Lotus Studio</i>	10:00 am - 3:30 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>	1:00 pm - 3:00 pm LC <b>Open Pickleball</b> <i>Gym</i>
11:00 am - 11:55 am LC <b>Yoga Lite</b> <i>Lotus Studio</i>	9:00 am - 12:00 pm LC <b>Open Pickleball</b> <i>Gym</i>	9:30 am - 10:25 am LC <b>Pilates</b> <i>Lotus Studio</i>	9:00 am - 10:00 am LC <b>Pickleball Reservation</b> <i>Gym</i>	9:15 am - 10:00 am LC <b>Water Power</b> <i>Indoor Lap Pool</i>	11:30 am - 2:00 pm LC <b>Open Gym</b> <i>Gym</i>	3:00 pm - 4:00 pm LC <b>Area Reserved   Open Gym</b> <i>Gym</i>
12:00 pm - 1:15 pm LC <b>Rock Steady Boxing</b> <i>Move Studio</i>	9:00 am - 4:00 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>	9:45 am - 10:30 am LC <b>Interval</b> <i>Move Studio</i>	9:00 am - 4:00 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>	10:05 am - 4:00 pm LC <b>Open Swim</b> <i>Indoor Lap Pool</i>	2:00 pm - 4:00 pm LC <b>Open Pickleball</b> <i>Gym</i>	
12:05 pm - 12:50 pm LC <b>Strength Lite</b> <i>Lotus Studio</i>	9:15 am - 10:10 am LC <b>Yoga</b> <i>Lotus Studio</i>	10:00 am - 1:00 pm LC <b>Open Pickleball</b> <i>Gym</i>	9:30 am - 10:15 am LC <b>Cycle</b> <i>Ride Studio</i>	10:15 am - 11:00 am LC <b>Yoga Stretch</b> <i>Lotus Studio</i>		

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1:00 pm - 3:00 pm <b>Open Pickleball</b> <i>Gym</i>	LC 10:45 am - 11:40 am <b>Chair Yoga</b> <i>Lotus Studio</i>	LC 10:30 am - 12:00 pm <b>Area Reserved</b> <i>Lotus Studio</i>	LC 10:00 am - 12:00 pm <b>Open Pickleball</b> <i>Gym</i>	LC 10:30 am - 11:15 am <b>Boot Camp</b> <i>Move Studio</i>		
1:00 pm - 4:00 pm <b>Open Swim</b> <i>Indoor Lap Pool</i>	LC 12:00 pm - 12:45 pm <b>Strength</b> <i>Move Studio</i>	LC 12:00 pm - 4:00 pm <b>Open Swim</b> <i>Indoor Lap Pool</i>	LC 10:30 am - 11:15 am <b>Balance and Stability</b> <i>Move Studio</i>	LC 10:30 am - 11:30 am <b>Pickleball Reservation</b> <i>Gym</i>		
2:00 pm - 5:00 pm <b>Personal Training</b> <i>Lift Studio</i>	LC 12:00 pm - 5:00 pm <b>Area Reserved   Open Gym</b> <i>Gym</i>	LC 1:00 pm - 2:30 pm <b>Rock Steady Boxing</b> <i>Move Studio</i>	LC 10:30 am - 11:15 am <b>Yoga Lite</b> <i>Lotus Studio</i>	LC 11:00 am - 12:30 pm <b>Area Reserved</b> <i>Lotus Studio</i>		
3:00 pm - 5:00 pm <b>Area Reserved   Open Gym</b> <i>Gym</i>	LC 1:00 pm - 2:30 pm <b>Rock Steady Boxing</b> <i>Move Studio</i>	LC 1:00 pm - 5:00 pm <b>Area Reserved   Open Gym</b> <i>Gym</i>	LC 12:00 pm - 12:45 pm <b>Strength</b> <i>Move Studio</i>	LC 11:30 am - 2:00 pm <b>Open Pickleball</b> <i>Gym</i>		
4:00 pm - 7:00 pm <b>Adult Swim</b> <i>Indoor Lap Pool</i>	LC 2:00 pm - 6:00 pm <b>Personal Training</b> <i>Lift Studio</i>	LC 2:00 pm - 6:00 pm <b>Personal Training</b> <i>Lift Studio</i>	LC 12:00 pm - 5:00 pm <b>Area Reserved   Open Gym</b> <i>Gym</i>	LC 12:00 pm - 1:15 pm <b>Rock Steady Boxing</b> <i>Move Studio</i>		
5:00 pm - 6:00 pm <b>Pickleball Reservation</b> <i>Gym</i>	LC 4:00 pm - 7:00 pm <b>Adult Swim</b> <i>Indoor Lap Pool</i>	LC 4:00 pm - 5:15 pm <b>Rock Steady Boxing</b> <i>Move Studio</i>	LC 1:00 pm - 2:30 pm <b>Rock Steady Boxing</b> <i>Move Studio</i>	LC 2:00 pm - 5:00 pm <b>Area Reserved   Open Gym</b> <i>Gym</i>		
5:15 pm - 5:45 pm <b>MX4</b> <i>Lift Studio</i>	LC 5:00 pm - 5:30 pm <b>Core</b> <i>Move Studio</i>	LC 4:00 pm - 7:00 pm <b>Adult Swim</b> <i>Indoor Lap Pool</i>	LC 2:00 pm - 5:00 pm <b>Personal Training</b> <i>Lift Studio</i>	LC 4:00 pm - 6:30 pm <b>Adult Swim</b> <i>Indoor Lap Pool</i>		
5:15 pm - 6:05 pm <b>Step</b> <i>Move Studio</i>	LC 5:00 pm - 6:00 pm <b>Adult Open Gym</b> <i>Gym</i>	LC 5:00 pm - 6:00 pm <b>Adult Open Gym</b> <i>Gym</i>	LC 4:00 pm - 7:00 pm <b>Adult Swim</b> <i>Indoor Lap Pool</i>	LC 5:00 pm - 6:00 pm <b>Adult Open Gym</b> <i>Gym</i>		
5:15 pm - 6:10 pm <b>Yoga Flow</b> <i>Lotus Studio</i>	LC 5:30 pm - 6:15 pm <b>Barre Basics</b> <i>Lotus Studio</i>	LC 5:25 pm - 6:20 pm <b>BODYPUMP®</b> <i>Move Studio</i>	LC 5:00 pm - 6:00 pm <b>Adult Open Gym</b> <i>Gym</i>	LC 6:00 pm - 8:00 pm <b>Open Pickleball</b> <i>Gym</i>		
6:00 pm - 7:00 pm <b>Open Pickleball</b> <i>Gym</i>	LC 5:40 pm - 6:10 pm <b>SPRINT®</b> <i>Ride Studio</i>	LC 6:00 pm - 8:00 pm <b>Open Pickleball</b> <i>Gym</i>	LC 5:15 pm - 6:00 pm <b>Yoga</b> <i>Lotus Studio</i>	LC 6:30 pm - 8:30 pm <b>Open Swim</b> <i>Indoor Lap Pool</i>		
6:15 pm - 7:10 pm <b>BODYPUMP®</b> <i>Move Studio</i>	LC 5:45 pm - 6:15 pm <b>HIIT Kettlebells</b> <i>Lift Studio</i>	LC 6:00 pm - 8:00 pm <b>50th Anniversary Trivia Night</b> <i>Club Pub</i>	LC 5:15 pm - 6:10 pm <b>BODYCOMBAT®</b> <i>Move Studio</i>	LC 8:00 pm - 9:00 pm <b>Open Gym</b> <i>Gym</i>		
7:00 pm - 9:30 pm <b>Open Swim</b> <i>Indoor Lap Pool</i>	LC 6:00 pm - 7:00 pm <b>Zumba®</b> <i>Move Studio</i>	LC 6:30 pm - 7:00 pm <b>Area Reserved</b> <i>Move Studio</i>	LC 6:00 pm - 7:00 pm <b>Women on Weights</b> <i>Lift Studio</i>			
7:00 pm - 10:00 pm <b>Open Gym</b> <i>Gym</i>	LC 6:00 pm - 8:00 pm <b>Open Pickleball</b> <i>Gym</i>	LC 7:00 pm - 9:30 pm <b>Open Swim</b> <i>Indoor Lap Pool</i>	LC 6:00 pm - 8:00 pm <b>Open Pickleball</b> <i>Gym</i>			
	LC 7:00 pm - 7:45 pm <b>Yoga</b> <i>Lotus Studio</i>	LC 8:00 pm - 10:00 pm <b>Open Gym</b> <i>Gym</i>	LC 6:20 pm - 7:20 pm <b>Zumba®</b> <i>Move Studio</i>			
	LC 7:00 pm - 9:30 pm <b>Open Swim</b> <i>Indoor Lap Pool</i>		LC 7:00 pm - 9:30 pm <b>Open Swim</b> <i>Indoor Lap Pool</i>			
	LC 8:00 pm - 10:00 pm <b>Open Gym</b> <i>Gym</i>		LC 8:00 pm - 10:00 pm <b>Open Gym</b> <i>Gym</i>			

