

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
Fit & Fun *+ 8:00-8:45am Rebecca	GRIT Cardio+ 6:30-7:00am Vanessa	Core Strength *+ 8:15-9:00am Rebecca	HIIT 8:30-9:00am Diane	Vinyasa Yoga*+ 7:00-7:45am Lisa	Gentle Flow Yoga* 8:15-9:15am Amrit	Total Body*+ 9-10am Minerva
Group Biking *+ 9:00-9:45am Dave	GRIT Strength+ 7:00-7:30am Vanessa	Aqua Qi-Gong* 8:30-9:15am Bill	Yoga Flow 9:00-9:45am Diane	20/20/20+ 8:00-9:00am Diane	Group Biking*+ 9:00-10:00am John	
Yoga for All* 9:00am-10:00am Trish	Cycling & Strength*+ 8:00-8:45am John	Vinyasa Yoga*+ 9:15-10:00am Lisa	Aqua Pi-Yo Chi*+ 8:30-9:15am Karen	HIGH Low*+ 9:00-9:50am Sue	Zumba *+ 10:15-11:15am Krystal	
Cardio Splash*+ 9:35-10:20am Marcia	Express Step* + 8:30-9:00am Diane	Cardio Kick*+ 9:15-10:15am Connie	Group Biking *+ 9:00-9:45am Dave	Yoga for All* 9:15-10:15am Trish	Iyengar Inspired Yoga* 11:30am-12:15pm Noreen	
HIGH Low*+ 10:00-10:50am Sue	Barre/Pilates* + 9:00-9:45am Diane	Cardio Splash*+ 9:35-10:20am Marcia	Barre*+ 9:15-10:00am Connie	Cardio Splash*+ 9:35-10:20am Marcia		
Balancing Arthritis* 10:45-11:30am Susan	Aqua Pi-Yo Chi*+ 8:30-9:15am Karen	Zumba Gold*Begins 9/14 11:00-12:00pm Concetta	Deep Water*+ 9:35-10:20am Susan	Gentle Chair Yoga* 12-12:45pm Noreen		
Gentle Chair Yoga* 12-12:45pm Kathleen	High Fitness + 9:00-9:50am Sue	Gentle Chair Yoga* 12-12:45pm Noreen	Age Right * 10:15-11:00am Connie	Fitness Friday *Begins 9/16 5:00-6:00pm Scott		
Body Blast + 5:00-5:45pm Dave	Deep Water*+ 9:35-10:20am Susan	Barre/Pilates 4:45-5:30pm Diane	Total Body + 5:00-5:45pm Dave			
Zumba *+ 6:00-7:00pm Minerva	Age Right & Core * 10:15-11:15am Connie	HIIT 5:30-6pm Diane	Zumba *+ 6:00-7:00pm Krystal			
	Rapid Fire Fitness 5-5:50pm Adam	Total Body 6:00-7:00pm Dave	Balanced Yoga*+ 6:00-7:00pm Alka			
	Vinyasa Yoga*+ 6:00-7:00pm Amrit				Last Modified: 12.24.22	

<p>Pickleball: Monday, Wednesday, Friday : 9-Noon Thursday: Noon-3pm</p> <p>Ciccotti Center Hours Monday – Friday: 5:00 AM–8:00 PM Saturday: 8:00 AM–2:00 PM Sunday: 8:00AM- 2:00PM</p> 	<p>Aquatics Center Lap Pool & Hot Tub: Mon-Fri: 5:30 AM – 7:30 PM Saturday & Sunday: 8:00 AM – 1:00 PM</p> <p>Activity Pool: Mon-Fri: 7:00am-1:00pm & 3:00-7:00pm Water Features: Mon-Fri -4-7pm (45 mins at the top of each hour) Tues & Thurs- 11am-12pm (no blue slide)</p> <p>Saturday & Sunday: 8:00am-1:00pm Water Features: 11am-1pm (Saturdays) 10am-1pm (Sundays)</p>	<p>Class Code Descriptions:</p> <ul style="list-style-type: none"> ■ (Blue) = Lap Pool ■ (Purple) = Activity Pool ■ (Light Blue) = Bike Room ■ (Green) = Fitness Room F1 ■ (Red) = Gymnasium <p>*Active Adults/Beginners +Intermediate/Advanced</p> <p>Schedule subject to change. Please check online or call 518-867-8920</p>
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