

Aquatic Schedule

Aquatic Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
Lane & Leisure Swim 6:30AM—7:30AM	Lane & Leisure Swim 6:30AM—7:30AM	Lane & Leisure Swim 6:30AM—7:30AM	Lane & Leisure Swim 6:30AM—7:30AM	Lane & Leisure Swim 6:30AM—7:30AM
Lane & Leisure Swim 7:30AM—8:30AM	Lane & Leisure Swim 7:30AM—8:30AM	Lane & Leisure Swim 7:30AM—8:30AM	Lane & Leisure Swim 7:30AM—8:30AM	Lane & Leisure Swim 7:30AM—8:30AM
Lane & Leisure Swim 8:30AM—9:30AM	Lane & Leisure Swim 8:30AM—9:30AM	Lane & Leisure Swim 8:30AM—9:30AM	Lane & Leisure Swim 8:30AM—9:30AM	Lane & Leisure Swim 8:30AM—9:30AM
AquaFit 9:30AM—10:30AM	Lane & Leisure Swim 9:30AM—10:30AM	AquaFit 9:30AM—10:30AM	Lane & Leisure Swim 9:30AM—10:30AM	AquaFit 9:30AM—10:30AM
Lane & Leisure Swim 10:30AM—11:30AM	Lane & Leisure Swim 10:30AM—11:30AM	Lane & Leisure Swim 10:30AM—11:30AM	Lane & Leisure Swim 10:30AM—11:30AM	Lane & Leisure Swim 10:30AM—11:30AM
AquaTherapy Plus 11:30AM—12:30PM	Lane & Leisure Swim 11:30AM—12:30PM	AquaTherapy Plus 11:30AM—12:30PM	Lane & Leisure Swim 11:30AM—12:30PM	Lane & Leisure Swim 11:30AM—12:30PM
Lane & Leisure Swim 12:30PM—1:30PM	Lane & Leisure Swim 12:30PM—1:30PM	Lane & Leisure Swim 12:30PM—1:30PM	Lane & Leisure Swim 12:30PM—1:30PM	Lane & Leisure Swim 12:30PM—1:30PM
AquaFit 1:30PM—2:30PM	Lane & Leisure Swim 1:30PM—2:30PM	AquaFit 1:30PM—2:30PM	Lane & Leisure Swim 1:30PM—2:30PM	Lane & Leisure Swim 1:30PM—2:30PM
EVENING				
Lane & Leisure Swim (3 Lanes) 4:45PM—5:45PM	Lane & Leisure Swim (3 Lanes) 8:00PM—9:00PM	Lane & Leisure Swim (3 Lanes) 6:15PM—7:15PM	Lane & Leisure Swim (3 Lanes) 8:00PM—9:00PM	Lane & Leisure Swim (3 Lanes) 4:45PM—5:45PM
	AquaFit 8:15PM—9:00PM			

Swim Descriptions

Lane & Leisure Swim	Swimmers may use the lane for swimming laps or exercises. 2 swimmers per lane. Can not be used as an Open Swim.
Aqua Fit	A 45 minute moderate intensity aquatic fitness workout that will get you moving!
Aqua Therapy Plus	A 45 minute lighter intensity aquatic class. Focus is on range of motion, stretching, and low impact exercises with light cardio

Pickleball

Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM-12:00PM	1:00PM-3:00PM	9:00AM-12:00PM	1:00PM-3:00PM	9:00AM-12:00PM 6:00PM-8:00PM

Badminton

	10:00AM-12:00PM		10:00AM-12:00PM	
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Register for your visit in advance. Membership or Single Visit Fee required. No Cash.

Fitness & Spin Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Triple Threat with Rosie 9:15AM-10:00AM				Triple Threat with Rosie 9:15AM-10:00AM	Intermediate Pilates with Mary Ann 9:00AM-10:00AM
Beginner Spin with Dan 9:30AM-10:30AM Spin Studio		Spin Fit 1 with Dan 9:30AM-10:30AM Spin Studio	Breathe & Flow Yoga with Liz 10:00AM-11:00AM	Power Spin with Dan 9:30AM-10:30AM Spin Studio	Revolution Ride with Rob 9:15AM-10:00AM Spin Studio
Strengthen & Strut with Jodi 11:15AM-12:00PM		Strengthen & Strut with Jodi 11:15AM-12:00PM			
Pilates CORE with Mary Ann 12:15PM-12:45PM	Fast Fit with Rosie 12:15PM-12:45PM	Pilates CORE with Mary Ann 12:15PM-12:45PM			
Teens In Motion with Julie 5:00PM-5:45PM	Strong & Fit with Lianne 5:15PM-6:00PM	Revolution Full Body Ride with Rob 5:15PM-6:00PM	Strong & Fit with Lianne 5:15PM-6:00PM		
Everyday Lifting with Scott 6:00PM-6:45PM	Pilates with Mary Ann 6:15PM-7:15PM	Rhythm Fit with Rita 6:00PM-7:00PM	Pilates with Mary Ann 6:15PM-7:15PM		

Cardio & Strength	Low Impact	Mind & Body	Spin
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All classes located in the Fitness Studio unless noted (Spin Studio).

Open Fitness Studio Hours

During the Weight Room closure, change up your routine and utilize the Fitness Studio equipment to help you achieve your goals.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM-9:00AM	6:00AM-9:00AM	6:00AM-9:00AM	6:00AM-9:00AM	6:00AM-9:00AM	
2:00PM-5:00PM	2:00PM-5:00PM	2:00PM-5:00PM	2:00PM-5:00PM	2:00PM-5:00PM	
7:30PM-9:00PM	7:30PM-9:00PM	7:30PM-9:00PM	7:30PM-9:00PM	7:30PM-9:00PM	

Walking Track, Racquetball & Squash Court Hours

Court bookings by phone only: 519-322-2337

6:00AM-9:00PM	6:00AM-9:00PM	6:00AM-9:00PM	6:00AM-9:00PM	6:00AM-9:00PM	8:00AM-1:00PM
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