

Memorial Day Modified Group and Aqua Fitness Schedule Monday, May 31, 2021

PLEASE NOTE:

- Regular scheduled Monday classes will NOT be held on this day.
- Memorial Day hours for fitness and aquatics: 7:00 AM - 1:00 PM (pool closes at 12:30 PM)
- Summer Hours of Operation for Wellness & Aquatics
(Effective June 1 – Sept. 6, 2021 (except for July 4 and Labor Day)
Mon-Thurs: 5:00 AM – 9:30 PM (Aquatics 9:00 PM)
Fri: 5:00 AM – 9:00 PM (Aquatics 8:30 PM)
Sat & Sun: 7:00 AM – 6:00 PM (Aquatics 5:30 PM)

Studio 1

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
8:30 - 9:30 AM	Step Works	Alison Snyder
9:45 - 10:45 AM	BODYPUMP	Christine Mitchell

Blue Studio

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
8:15 - 8:45 AM	SPRINT	Sarah Vecchio
9:00 - 9:45 AM	BODYATTACK Express	Jen Fanaro

Aqua Fitness

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
9:00 - 9:45 AM	Aqua Strong (shallow/deep)	Gail Rippey

For more information:

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