

# 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

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

### Blue Studio

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

### Aqua Fitness

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

### For more information:

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[bodyzonesports.com/groupfitness](http://bodyzonesports.com/groupfitness)

