

WEDNESDAY

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM	Strength and Conditioning 6:10-6:55 am						Lane Swim / Community Rental 6:00 - 8:15 am	
6:30 AM								
7:00 AM	Pickleball 7:15 - 8:30 am							
7:30 AM								
8:00 AM								
8:30 AM							Aqua Fit 8:30 - 9:15 am	
9:00 AM	H I I T 9:15 - 10:00 am							
9:30 AM				March Break ½ Day Programs (Ages 4-6) Ages 7-12) 9:00 am - 12:00 pm	CORE FIT 9:30 - 10:15 am			
10:00 AM	March Break ½ Day Programs 10:15 - 11:15 am				Yoga 10:30-11:30 am		Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -12:45 pm
10:30 AM								
11:00 AM	Walk Fit 11:30 - 12:15 pm							
11:30 AM								
12:00 PM	Divided Open Gym (All Ages) 12:30 - 3:45 pm					Chair Yoga 12:00 - 12:45 pm		
12:30 PM								
1:00 PM								
1:30 PM							Aquafit 1:00 - 1:45 pm	
2:00 PM							New Class! Hydrotherapy 2:00 - 2:45 pm	
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM	Family Open Gym/ Parented Play 4:00 - 5:45 pm							
4:30 PM								
5:00 PM							Open/Lane Swim 2:45 - 7:30 pm	
5:30 PM								Open Swim 2:45 -9:00 pm
6:00 PM	New! Open Volleyball 6:00 - 7:30 pm			Queenax - Fitness Floor* 6:15-7:00 pm				
6:30 PM								
7:00 PM				Yang/Yin Yoga 7:00-8:00 pm				
7:30 PM							Aqua Blast 7:45-8:30 pm	
8:00 PM								
8:30 PM							Lane Swim 8:30 - 9:15 pm	
9:00 PM								
9:30 PM	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm	

FRIDAY

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM	Strength and Conditioning 6:10-6:55 am						Lane Swim / Community Rental 6:00 - 8:15 am	
6:30 AM								
7:00 AM	Pickleball 7:15-8:30am	Open Gym (All Ages) 7:15 - 8:45 am						
7:30 AM								
8:00 AM								
8:30 AM								Aqua Fit 8:30 - 9:15 am
9:00 AM	Body Fit 9:15-10:00 am							
9:30 AM				Yoga 9:30 - 10:30 am	March Break ½ Day Programs (Ages 4-6) Ages 7-12) 9:00 am - 12:00 pm			
10:00 AM	March Break ½ Day Programs 10:15 - 11:15 am		Zumba 10:15 - 11:15 am					
10:30 AM								
11:00 AM	Walk Fit 11:30 - 12:15 pm							
11:30 AM								
12:00 PM								
12:30 PM								New Class! Chair Yoga 12:30- 1:15 pm
1:00 PM								Aqua Fit 1:00 - 1:45 pm
1:30 PM	Pickleball 12:45 - 3:00pm							
2:00 PM								
2:30 PM								
3:00 PM								Family Space Parented Play 2:00 - 5:00 pm
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM	Divided Open Gym (All Ages) 3:15-9:30 pm							
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm	

THURSDAY

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
6:00 AM							Lane Swim 6:00 - 8:15 am	
6:30 AM	Divided Open Gym (All Ages) 7:00 - 8:45 am							
7:00 AM								
7:30 AM								
8:00 AM							Aqua Fit 8:30 - 9:15 am	
8:30 AM			Cycle Fit 9:15- 10:00 am					
9:00 AM	March Break ½ Day Programs 10:15 - 11:15 am							
9:30 AM				Yoga 9:30 -10:30 am	March Break ½ Day Programs (Ages 4-6) Ages 7-12) 9:00 am - 12:00 pm		Open/Lane Swim 9:30 - 12:45 pm	Open Swim 9:30 -10:45 am
10:00 AM								
10:30 AM								
11:00 AM	Gentle Fit 11:30 - 12:15 pm			New Class! Pilates Inferno 11:00 - 12:00 pm				Splashers 11:00 - 12:00 pm
11:30 AM								
12:00 PM								Open Swim 12:00-12:45 pm
12:30 PM	Pickleball 12:45 - 3:00 pm							
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM	Divided Open Gym (All Ages) 3:15- 4:45 pm						Open/Lane Swim 2:00 - 3:45 pm	Open Swim 2:00 - 3:45 pm
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Family (Parent and Toddler Play) 5:00 pm - 7:00 pm						Swim Lessons (Make Up Classes) 4:00 - 7:30 pm	Swim Lessons (Make Up Classes) 4:00 - 7:30 pm
5:30 PM								
6:00 PM			Cycle & Strength 6:00 - 7:00 pm					
6:30 PM								
7:00 PM								
7:30 PM	Divided Open Gym (All Ages) 7:15 - 9:15 pm						Lane Swim 7:45 - 9:15 pm	Open Swim 7:45 - 9:00 pm
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM	GYM Closes at 9:15 pm						POOL Closes at 9:15 pm	

SATURDAY

	GYM 1 & 2	GYM 3	STUDIO A	STUDIO B	MULTI PURPOSE A	MULTIPURPOSE B	LAP POOL	LEISURE POOL
8:00 AM							Lane Swim 8:00 -8:45 am	
8:30 AM								
9:00 AM	Divided Open Gym (All Ages) 8:00 - 11:00 am		Cycle Fit 9:15 - 10:00 am					
9:30 AM								
10:00 AM			New Class! VIPR 10:15 - 11:00 am	Yin Yoga 10:15 - 11:15 am				
10:30 AM								
11:00 AM	Closed for Cleaning 11:15 am - 12:00 pm							
11:30 AM								
12:00 PM	Birthday Party 1 Rental 12:00 - 1:00 pm							
12:30 PM								
1:00 PM	Divided Open Gym (All Ages) 1:15-2:30 pm							
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM	Birthday Party 2 Rental 3:00 - 4:00 pm							
3:30 PM								
4:00 PM	Divided Open Gym (All Ages) 4:15 - 5:15 pm							
4:30 PM								
5:00 PM								
9:30 PM	GYM Closes at 5:15 pm						POOL Closes at 5:15 pm	

FACILITY HOURS

Monday - Friday: 6:00 am - 9:30 pm

Saturday: 8:00 am - 5:30 pm

Sunday: 8:00 am - 4:00 pm

Holidays: 8:00 am - 4:00 pm (Times May Vary Check In-Branch)

Sauna & Whirlpool are closed during Swim Lessons.

Pool closes 15 minutes before facility closure.