## Marvin Altman Fitness Center Pool Classes

Monday/Wednesday			Tuesday/Thursday			
Time	Class	Instructor	Time	Class	Instructor	
5:00 a.m.	Pool Opens		5:00 a.m.	Pool Opens		
5:00 - 9:00 a.m.	Free Adult Swim		5:00 - 8:00 a.m.	Free Adult Swim		
9:15 a.m.	Aqua Fitness	Tamika	8:15 a.m.	Aqua Boot Camp	Tamika	
10:00 a.m.	Arthritis Wellness	Tamika	9:00 a.m.	Aqua Fitness	Tamika	
1:00 - 3:15 p.m.	Aqua Therapy/Lap Pool		10:00 a.m.	Arthritis Wellness/Volleyball	Tamika	
3:30 p.m.	Agua CDP (Cardio Dance)	CeCe	1:00 - 4:15 p.m.	Aqua Therapy/Lap Pool		
5:00 p.m.	Aqua Toning	CeCe	4:30 p.m.	Adult Learn to Swim	Kriss	
7:00 - 9:00 p.m.	Family Swim		5:15 p.m.	Aqua Fitness	Barbara	
9:00 p.m.	Pool Closes	<b>2</b> 2	7:00 - 9:00 p.m.	Family Swim		
90000000000000000000000000000000000000	Friday		9:00 p.m.	Pool Closes		
5:00 a.m.	Pool Opens		**	Saturday		
5:00 a.m 3:30 p.m.	Aqua Therapy/Lap Pool		7:00 a.m.	Pool Opens		
3:30 -7:30 p.m.	Family Swim		7:00 a.m 1:00 p.m. Aqua Therapy/Lap Pool			
7:30 p.m.	Pool Closes		1:00 - 4:30 p.m.	Family Swim		
			4:30 p.m.	Pool Closes		
0.00	Sunday		Please note	kids under the age of 10 y	ears are	
1:00 p.m.	Pool Opens					
1:00 -3:00 p.m.	Aqua Therapy/Lap Pool		restri	cted to Family Swim time:	<b>5.</b>	
3:00 - 5:30 p.m.	Family Swim					
5:30 p.m.	Pool Closes	999 MIRONANA				

## **Fitness Classes**

Monday/Wednesday				200	Tuesday/Thursday				
Time	Class	Instructor	Rm	Time	Class	Instructor	Rm		
5:00 a.m.	Circuit Training	Brooke	В	5:45 a.m.	Circuit Training	Autumn	Α		
7:00 a.m.	Yoga for Health	Allison	Υ	8:00 a.m.	Beginning Yoga	Terri	Υ		
8:00 a.m.	Yoga for Health	Cindy	Y	8:00 a.m.	Senior Strength	Mandy	В		
8:15 a.m.	SilverSneakers Classic	Tamika	Α	9:00 a.m.	Yoga Level I & II	Terri	Υ		
8:30 a.m.	Sculpting	Mekel	В	9:00 a.m.	Machine Orientation	Suzanne	F		
9:00 a.m.	Zumba TM	Maureen	. A	10:00 a.m.	Yoga Level I & II	Debora	Υ		
9:00 a.m.	Chair Yoga	Cindy	Y	11:45 a.m.	Seal Fit	Bob	F/A		
9:00 a.m.	Machine Orientation	Suzanne	F	4:45 p.m.	Cardio Dance	Deanna	Α		
10:00 a.m.	Yoga for Health	Debora	Y	5:00 p.m.	Pound TM	Susan	В		
11:00 a.m.	Beginning Yoga	Terri	Υ	5:30 p.m.	Body Sculpting	Susan	В		
11:45 a.m.	Circuit Training	Tyler	Α	5:45 p.m.	CDP (Thursday Only)	Nina	Α		
4:15 p.m.	Beginning Yoga	Jan	Υ	6:45 p.m.	Cycling	Susan	C		
5:15 p.m.	Total Body	Laurie	Α	**					
5:15 p.m.	Cycling	Barbara	С						
5:30 p.m.	Beginning Yoga	Debora	Υ						
6:00 p.m.	CDP (Monday Only)	Nina	В						
J <del>=</del>	<u>Friday</u>		S SAUDE S SEEL	Saturday					
5;00 a.m.	Circuit Training	Brooke	Α	8:30 a.m.	Cardio Dance	Deanna	Α		
5:45 a.m.	Circuit Training	Autumn	Α	9:00 a.m.	Pilates Mat	Susan	Y		
7:00 a.m.	Yoga for Health	Allison	Υ	10:15 a.m.	Pound TM	Susan	В		
8:00 a.m.	Yoga for Health	Cindy	Y				772		
8:15 a.m.	SilverSneaker Classic	Tamika	Α						
9:00 a.m.	Zumba TM	Maureen	Α		Fitness Center Hours				
9:00 a.m.	Chari Yoga	Allison	Y	Mo	Monday – Thursday 5:00 a.m 10:00 p.m.				
10:00 a.m.	Yoga for Health	Allison	Y		Friday 5:00 a.m. – 8:00 p.m.				
5:30 p.m.	Beginning Yoga	Debora	Υ		Saturday 7:00 a.m. – 5:	-			
					Sunday 1:00 p.m 6:00 p.m.				

## Childcare Hours

Monday - Thursday

8:00 a.m. - 12:30 p.m. & 4:00 p.m. - 7:30 p.m.

Friday

8:00 a.m. - 12:30 p.m.

Saturday

8:30 a.m. - 11:30 a.m.

## Family Swim Hours

Monday 7:00 p.m. - 9:00 p.m.

Tuesday 7:00 p.m. - 9:00 p.m.

Wednesday 7:00 p.m. - 9:00 p.m.

Thursday 7:00 p.m. - 9:00 p.m.

Friday 3:30 p.m. - 7:30 p.m.

Saturday 1:00 p.m. - 4:30 p.m.

Sunday 3:00 p.m. - 5:30 p.m.