

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-6:00 am Cycling (S3)  5:30-6:15 am Boot Camp (S1)	5:30-6:15 am Strength 45 (S1)	5:15-6:00 am Cycling (S3)  5:15-6:00 am H <sub>2</sub> O Interval (LP)  5:30-6:15 am H.I.I.T. (S1)	5:30-6:15 am Strength 45 (S1)	5:15-6:00 am Cycling (S3)  5:30-6:15 am Boot Camp (S1)	
8:00-8:45 am Cycling (S3)	7:00-7:45 am H <sub>2</sub> O Interval (LP)  8:30-9:30 am H <sub>2</sub> O Interval 60 (LP / OP)	8:00-9:00 am Tai Chi+ (G)  8:00-8:45 am Aqua 4 Energy (LP / OP)  8:30-9:30 am Yoga I-II (MR)	7:00-7:45 am H <sub>2</sub> O Interval (LP)  8:30-9:30 am H <sub>2</sub> O Interval 60 (LP / OP)	8:00-9:00 am Tai Chi+ (G)  8:00-8:45 am Aqua 4 Energy (LP / OP)  8:30-9:30 am Yoga I-II (MR)	7:00-7:45 am H <sub>2</sub> O Interval (LP)  8:00-8:45 am TRX*** (S1)	7:30-8:15 am H.I.I.T. (G)  8:00-9:00 am Cycle 60 (S3)
	9:00-9:45 am Gentle Yoga (MR)  9:15-10:00 am Body Sculpt (S1)  9:30-10:00 am Cycle 30! (S3)  9:45-10:30 am H <sub>2</sub> O Strength (LP / OP)	9:00-9:45 am H <sub>2</sub> O Strength (LP / OP)  9:00-9:50 am Reformer II* (S4)  9:15-10:00 am Dance Blast+ (S1)  9:30-10:30 am Tai Chi (G)  9:30-10:15 am Cycling (S3)	9:00-10:00 am Restorative Yin Yoga (MR)  9:15-10:00 am Body Sculpt (S1)  9:30-10:15 am Cycle 30! & Stretch (S3)  9:45-10:30 am H <sub>2</sub> O Strength (LP / OP)	9:00-9:45 am H <sub>2</sub> O Strength (LP / OP)  9:00-9:50 am Reformer II* (S4)  9:15-10:00 am Dance Blast+ (S1)  9:30-10:30 am Tai Chi (G)  9:30-10:15 am Cycling (S3)	9:15-10:15 am Chair Yoga (MR)  9:15-10:00 am Body Sculpt (S1)  9:30-10:15 am Cycling (S3)  9:30-10:15 am H <sub>2</sub> O Interval (LP / OP)	8:30-9:15 am Strength 45 (S1)  9:00-10:00 am Yoga I (MR)  9:30-10:15 am Dance Blast (S1)  9:30-10:15 am H <sub>2</sub> O Interval (LP / OP)
	10:00-11:00 am Yoga I-II** (MR)  10:15-11:00 am Young@Heart (G)  10:15-11:00 am Dance Blast (S1)  10:30-11:15 am Chair Yoga & Stretch (S2)  11:15 a-12:00 pm Seated Dance Blast (S1)  11:15 a-12:00 pm Stretch & Core (MR)  11:15 a-12:00 pm Aqua 4 Energy (LP / OP)	10:00-10:45 am H <sub>2</sub> O Strength (LP / OP)  10:15-11:00 am Complete Core (S1)  10:30-11:15 am Gentle Yoga (MR)  11:00-11:50 am Reformer I* (S4)	10:15-11:00 am Young@Heart (G)  10:15-11:00 am Dance Blast (S1)  10:15-11:15 am Restorative Yin Yoga (MR)  11:15 a-12:00 pm Aqua 4 Energy (LP / OP)	10:00-10:45 am H <sub>2</sub> O Strength (LP / OP)  10:15-11:00 am Complete Core (S1)  10:30-11:30 am Yoga I-II (MR)  11:15 a-12:00 pm Seated Dance Blast (S1)	10:15-11:00 am Young@Heart (G)  10:15-11:00 am Dance Blast (S1)  10:30-11:30 am Yoga I-II (MR)  11:15 a-12:00 pm Seated Dance Blast (S1)	10:30-11:30 am Yoga II-III (MR)

*\*Additional fee required. \*\* Zoom option available. \*\*\*TRX Basics required.  
Classes and instructors subject to change.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-1:45 pm Dance Blast (S1)	12:15-1:00 pm Water 4 Life (AT)	12:15-1:00 pm Hydro Core (AT)	12:00-12:45 pm Yoga II** (MR)	12:15-1:00 pm Hydro Core (AT)		
2:30-3:15 pm Mat Pilates (S1)		1:00-1:30 pm Parkinson's BIG Grad (S1)	12:15-1:00 pm Water 4 Life (AT)	1:00-1:30 pm Parkinson's BIG Grad (S1)		
3:30-4:30 pm Yoga I-II (MR)	4:30-5:20 pm Reformer I* (S4)	4:30-5:30 pm Yoga I-II (MR)	4:30-5:20 pm Reformer I* (S4)	4:30-5:30 pm Yoga I-II (MR)		
	5:00-5:45 pm Gentle Yoga (MR)	5:30-6:15 pm H.I.I.T. (S1)	5:30-6:15 pm Kickboxing Intervals (S1)	5:30-6:15 pm H.I.I.T. (S1)		
	5:30-6:15 pm Hydro Interval (AT)	5:30-6:15 pm Deep H <sub>2</sub> O Boot Camp (LP / OP)	6:00-6:45 pm Cycling (S3)	5:30-6:15 pm Hydro Interval (AT)		
	5:30-6:15 pm Total Body Fusion (S1)	6:00-7:00 pm Yoga II-III (MR)	6:30-7:30 pm Restorative Yin Yoga (MR)	6:00-7:00 pm Yoga II (MR)		
	6:00-6:45 pm Cycling (S3)	6:15-7:00 pm Cycle 30! & Stretch (S3)		6:15-7:00 pm H <sub>2</sub> O Burn (LP / OP)		
	6:00-7:00 pm Yoga II-III (MR)	6:30-7:15 pm Zumba** (S1)		6:15-7:00 pm Stretch & Core (S2)		
	6:15-7:00 pm H <sub>2</sub> O Burn (LP / OP)					
	6:30-7:15 pm Strength 45 (S1)					

*\*Additional fee required. \*\* Zoom option available. \*\*\*TRX Basics required.  
Classes and instructors subject to change.*

Locations: AT = Aqua Track LP = Lap Pool\* OP = Outdoor Pool G = Gym MR = Meditation Room  
S1, S2, S3, S4 = Studio 1, 2, 3 (second level) & Studio 4 (first level)

\*Lap pool classes move to the outdoor pool, weather permitting.

- Class Participation: Register through the Member Portal or in each location's notebook.
- Class Descriptions: Located on the Member Portal, the ProActive website and at the front desk. Classes and instructors are subject to change. Consult with the Instructor or Fitness Manager for more information.
- Studio Space: When not in use, rooms are available for independent usage. Sound systems are for staff use only.
- Safety: Water shoes are required to be worn for all aquatic group fitness classes and for individual workouts in the Aqua Track.