

Wellness Class Schedule

January 2023



	Community Room Land Classes	Shallow H2O	Deep H2O
MONDAY	8:00-8:45am Cardio Sculpt - Lawrence	7:00-7:45am Aquacise - Lawrence	10:00-10:45am Aqua Boot Camp - Lawrence
	9:00-9:45am HI-Low - Kimi	8:00-8:45am AF&More - Judy	11:00-11:45am Aquacise - Rose
	10:00-10:45am Core Blast - Kimi (BYO Mat)	8:45-9:30am Silver Splash - Lawrence	
	11:00-11:45am Yoga - Kimi (BYO Mat)	9:30-10:15am Splashout - Atika	
	12:15-1:00pm Classic Chair - Rose	10:15-11:00am Noodle Jam - Atika	
	Monday Night Pop Up Classes (Select Dates)		
5:45-6:30pm Core Blast - Atika	7:15-8:00pm H2O Fit - Lawrence	6:00-6:45pm Aqua Boot Camp - Rose	
6:45-7:30pm Cardio Sculpt - Atika			
TUESDAY	8:15-9:00am Strength + Balance - Atika	7:00-7:45am Aquacise - Lawrence	6:45-7:45am Aqua Running - Rose
	9:15-10:00am Zumba Gold - Rose	8:00-8:45am AF&More - Jane	9:00-9:45am Finning - Lawrence
	10:00-11:00am Power Pump - Lawrence***	8:45-9:30am H2O Fit - Jane	10:15-11:00am Aqua Body Blast - Atika
	10:15-11:00am Interm. Line Dance - Pauline	9:30-10:15am Splashout - Atika	
	11:15am-12:00pm Classic Chair - Rose		6:15-7:15pm Aqua Running - Rose
	12:15-1:00pm Cardio Strength - Rose		
WEDNESDAY	8:00-8:45am Zumba - Heather	7:00-7:45am Aquacise - Lawrence	9:00-9:45am Aqua Fun - Jane
	9:00-9:45am Strength & Balance - Heather	8:00-8:45am AF&More - Jane	10:00-10:45am Aqua Body Blast - Lawrence
	10:00-10:45am Core Blast - Heather (BYO Mat)	8:45-9:30am Aquacise - Lawrence	11:00-11:45am Aquacise - Rose
	11:00am-11:45am HIIT Circuit - Kimi	12:45-1:30pm AF&More - Judy	
	12:00-12:45pm Stretching - Kimi (BYO Mat)	7:15-8:00pm Aquacise - Lawrence	6:00-6:45pm Zero Impact - Rose
THURSDAY	8:00-8:45am Stretching - Lawrence (BYO Mat)	7:00-7:45am Aquacise - Lawrence	6:45-7:45am Aqua Running - Rose
	9:15-10:00am Zumba Gold - Rose	8:00-8:45am AF&More - Jane	9:00-9:45am Finning - Lawrence
	10:00-11:00am Power Pump - Lawrence***	8:45-9:30am H2O Fit - Jane	10:00-10:45am Aqua Body Blast - Rotating
	10:15-11:00am Beg. Line Dance - Pauline		
	11:15am-12:00pm Classic Chair - Rose		6:15-7:15pm Aqua Running - Rose
	3:30-4:15pm HI-Low - Atika		
4:30-5:15pm Stretch/Foam Roll - Atika (BYO mat)			
FRIDAY	8:00-8:45am Stretching - Lawrence (BYO Mat)	7:00-7:45am Aquacise - Lawrence	10:00-10:45am Aqua Body Blast - Rose
	9:00-9:45am Tai Chi (Yang 40 Form) - Karen	8:00-8:45am AF&More - Judy	11:00-11:45am Aquacise - Lawrence
	10:00-10:45am Core Blast - Lawrence (BYO mat)	8:45-9:30am Aquacise - Lawrence	
	11:15am-12:00pm Classic Chair - Rose		
	12:15-1:00pm Cardio Strength - Rose		

New Class Offerings and Events

Pop Up Monday Evening Classes with Atika

January 2, 16, and 30
 5:45-6:30pm Core Blast
 6:45-7:30pm Cardio Sculpt

Tuesday Mornings:

8:15-9:00am Strength + Balance
 9:30-10:15am Shallow Splashout
 10:15-11:00am Aqua Body Blast

Tai Chi Friday Mornings

New Year, New Form! Join Karen and delve into Yang 40 style of Tai Chi for 2023!

2023 Goal Setting Workshop! Fri 1/13, 12-1pm, CoLab Room

Looking to amp up your fitness routine this year? Join Wellness Program Manager Natalie for a complimentary group session focused on setting and achieving wellness goals for 2023. Light Refreshments will be provided.

Please RSVP at the front desk



Please bring your own fitness mat to classes indicating "BYO Mat"
 ***Indicates class will be held outside or on the competition pool deck

Wellness Month-At-Glance: January 2023



Monday	Tuesday	Wednesday	Thursday	Friday
2 Land Pop Up Classes 5:45pm Core Blast 6:45pm Cardio Sculpt	3	4	5 Suzanne teaching 10am Aqua Body Blast	6
9	10	11	12 Suzanne teaching 10am Aqua Body Blast	13 Goal Setting Workshop 12:00-1:00pm CoLab Room
16 Land Pop Up Classes 5:45pm Core Blast 6:45pm Cardio Sculpt	17	18	19 Debi teaching 10am Aqua Body Blast	20
23	24 No 9:00am Deep H2O Finning class	25	26 Cami teaching 10am Aqua Body Blast	27
30 9:30 and 10:15am shallow classes canceled Land Pop Up Classes 5:45pm Core Blast 6:45pm Cardio Sculpt	31 9:30am Splashout moves to Deep Water			