

UPCOMING EVENTS SCHEDULE

SEPTEMBER 2021

Monday

6 am- Intermediate/Advanced Spin with Lisa Shelton
8 am- Yoga with Barb and Harold
9 am - Beginner Weight Training with Brady
10 am- SFB 4 Life with Bob Jones
11 am- Wavemakers with Bob and Becky Jones
12 pm- Yoga with Erin Eveland
4:30 pm- Hydro Fit 4 All with Bob Jones
5:30 pm- Wavemakers with Mandy Stoll
5:15 pm - Beginner/Intermediate Spin with Terri Quillen

Tuesday

6 am- Pilates/Barre with Lacy Crumrine
6 am- Intermediate/Advanced Spin with Tim Ward
8:15 am- ZUMBA with Becky Jones
9 am- Powerzone Becky Jones
10 am- Tai Chi with Heidi Hill
4:30 pm- Aqua Zumba with Nancy Cox
5:15 pm- Yoga with Erin Eveland
5:30 pm- Beginner/Intermediate Spin with Lisa Downs
6:15 pm- HIIT with Nancy Cox

Wednesday

6 am- HIIT with Nancy Cox
6 am- Intermediate/Advanced Spin with Tim Ward
8 am- Yoga with Barb and Harold
9 am- Intermediate Weight Training with Brady
10 am- SFB 4 Life with Lisa Downs
11 am- Wavemakers with Bob and Becky Jones
12 pm- Yoga with Erin Eveland
5:30 pm- Aqua HIIT with Mandy Stoll
5:30 pm- Beginner/Intermediate Spin with Lisa Downs

Thursday

6 am- Pilates/Barre with Lacy Crumrine
6 am- Spin with Lisa Shelton
8:15 am- ZUMBA with Becky Jones
9 am- Powerzone Becky Jones
10 am- Chair Yoga with Barb or Tai-Stretch with Heidi
5:30 pm- HIIT with Nancy Cox
5:15 pm- Beginner/Intermediate Spin with Terri Quillen
6:30 pm- Aqua Zumba with Nancy Cox
7 pm- Pilates/Barre with Lacy Crumrine

Friday

6 am- Pilates/Barre with Lacy Crumrine
6 am- Spin with Ramon Escapa
11 am- Aqua HIIT / Wavemakers with Mandy Stoll

Saturday

7am- Spin with Travis/Ramon
9am- Beginner/Intermediate Weight Training with Brady
4 pm-Close Open Swim

Sunday

4 pm-Close Open Swim

