



May Long Weekend Schedule

Fitness Schedule

Saturday, May 19th

8:00 to 9:00 AM – CycleFit - Mike

9:00 to 10:00 AM – Yoga – Ann Marie

10:00 to 11:00 PM – Step- Adrian

9:30 to 10:45 AM – CycleFit – Don/Margot

Sunday, May 20th

9:00 to 10:00 AM – CycleFit – Barry

Monday, May 21st

Facility Hours 7AM -7PM

*No Classes

Pool Schedule

Saturday, May 19th

9:30 AM to 3:30 PM – Swimming Lessons

3:30 to 6:00 PM – Family Swim

Sunday, May 20th

9:00 to 11:30 AM – Lane Swim

11:30 AM to 12:30 PM – Aquasize – Bernadette

3:30 to 6:00 PM – Family Swim

Monday, May 21st

10:00 AM to 1:00 PM – Lane Swim

1:00 PM to 4:00 PM – Family Swim

4:00 PM to 4:45 PM – Aquafit – James

4:45 PM -5:30 PM – Aqua Bootcamp - Christina