

UPCOMING EVENTS SCHEDULE

J U N E & J U L Y 2 0 2 1

Monday

6 am- Spin with Lisa Shelton
8 am- Yoga with Barb and Harold
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
5:15 pm- Spin with Terri Quillen

Tuesday

6 am- Pilates/Barre with Lacy Crumrine
8:15 am- ZUMBA with Becky Jones
9 am- Powerzone Becky Jones
10 am- Tai Chi with Heidi Hill
5:15 pm Yoga with Erin Eveland
5:15 pm Aqua Zumba with Nancy Cox
6:15 pm HIIT with Nancy Cox

Wednesday

6 am- HIIT with Nancy Cox
6 am- Spin with Tim Ward
8 am- Yoga with Barb and Harold
10 am- SFB 4 Life with Lisa Downs
11 am- Wavemakers with Bob and Becky Jones
12 pm- Yoga with Erin Eveland
5:15 pm- Aqua HIIT with Bob and Becky Jones
5:15 pm- Spin with Lisa Downs

Thursday

6 am- Pilates/Barre with Lacy Crumrine
8:15 am- ZUMBA with Becky Jones
9 am- Powerzone Becky Jones
10 am- Chair Yoga with Barb or Tai-Stretch with Heidi
5:15- HIIT with Nancy Cox/ Spin with Lisa Downs

Friday

6 am- Pilates/Barre with Lacy Crumrine

Saturday

4 pm-Close Free Swim

Sunday

4 pm-Close Free Swim

