

UPCOMING EVENTS SCHEDULE

A P R I L 2 0 2 1

Monday

6 am- HIIT with Nancy Cox
6 am- Spin with Lisa Shelton
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
4:30 pm- Water Walk with Bob Jones
5:15 pm- Spin with Terri Quillen
6:30 pm- Line Dance with Jenny Shepherd

Tuesday

6 am- Pilates/Barre with Lacy Crumrine
6 am Spin with Tim Ward
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
5:15 pm- Spin with Lisa Downs
6:15 pm HIIT with Nancy Cox
6:15-8:30 pm Open Swim

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 Bob Jones
11 am- Wavemakers with Bob and Becky Jones
12 pm- Yoga with Erin Eveland
4:30 pm POUND with Elyse Ford
5:15 pm- Aqua HIIT with Bob and Becky Jones
5:15 pm- Spin with Terri Quillen
5:30 pm- Cardio Hip-Hop Ages 10+
6:15 pm- Aqua Flow Yoga

Thursday

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
5:15 pm- Pilates/ Barre with Lacey Crumrine
5:15 pm- Aqua Zumba with Nancy Cox
5:15 pm- Spin with Lisa Downs
6:15 pm HIIT with Nancy Cox
6:15-8:30 pm Open Swim

Friday

6 am- Pilates/Barre with Lacy Crumrine

Saturday

8 am- Spin with Travis Schroll
4 pm-Close Free Swim

Sunday

4 pm-Close Free Swim

