

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					<b>1</b>	<b>2</b> Aqua Zumba: 9a-10a Open Swim: 10a-12p
<b>3</b> Open Swim: 1p-4p Aqua Aerobics: 4-5p	<b>4</b>	<b>5</b> Aqua Aerobics: 6:30p-7:30p	<b>6</b> Open Swim: 5:30p-7p Aqua Zumba: 7p-8p	<b>7</b> Pilates: 12p Aqua Aerobics: 5:30p-6:30p Open Swim: 6:30p-8p	<b>8</b>	<b>9</b> Aqua Zumba: 9a-10a Open Swim: 10a-12p
<b>10</b> Open Swim: 1p-4p Aqua Aerobics: 4-5p	<b>11</b>	<b>12</b> Aqua Aerobics: 6:30p-7:30p	<b>13</b> Open Swim: 5:30p-7p Aqua Zumba: 7p-8p	<b>14</b> Pilates: 12p Aqua Aerobics: 5:30p-6:30p Open Swim: 6:30p-8p	<b>15</b>	<b>16</b> <b>POOL CLOSED</b>
<b>17</b> Open Swim: 1p-4p Aqua Aerobics: 4-5p	<b>18</b>	<b>19</b> Aqua Aerobics: 6:30p-7:30p	<b>20</b> Open Swim: 5:30p-7p Aqua Zumba: 7p-8p	<b>21</b> Pilates: 12p Aqua Aerobics: 5:30p-6:30p Open Swim: 6:30p-8p	<b>22</b>	<b>23</b> Aqua Zumba: 9a-10a Open Swim: 10a-12p
<b>24</b> Open Swim: 1p-4p Aqua Aerobics: 4-5p	<b>25</b>	<b>26</b> Aqua Aerobics: 6:30p-7:30p	<b>27</b> Open Swim: 5:30p-7p Aqua Zumba: 7p-8p	<b>28</b> <b>POOL CLOSED</b>	<b>29</b>	<b>30</b> <b>POOL CLOSED</b>

## Group Exercise Classes



- **Ca-L'a Fitness** is a workout program that targets your whole body. This class uses up-lifting music to keep you inspired and motivated throughout the class. You will have fun, while burning calories, losing weight, and toning, all at the same time.
- **Aqua Zumba** is a therapeutic workout that combines Salsa, Merengue, Cumbia, and Reggaeton, and other rhythms, but adapts them to use in the water's resistance for a safe and extremely effective aquatic workout.
- **Aqua Aerobics** is similar to land aerobics, but uses the water's resistance to tone and strengthen muscles with less impact on the joints than a land class. This class makes resistance training and aerobic endurance enjoyable for all fitness levels.