**Monday**

**Morning**
- CrossFit Workout of the Day (5:00 AM)
- Cycle Spin (5:15 AM)
- Sunrise Splash (6:00 AM)
- CrossFit Workout of the Day (6:00 AM)
- INSANITY LIVE! (7:00 AM)
- Senior Strike Circ
- Stretch, Tone, & Balance (9:00 AM)
- Aquasize (9:05 AM)
- Cycle Spin (9:15 AM)
- Muscle Max (9:15 AM)
- Core Training (9:30 AM)
- Get Bendy Stretching (9:45 AM)
- Hi/Lo Aerobics (10:15 AM)
- Liquid Cardio (10:15 AM)
- Senior Sit-N-Tone (10:30 AM)
- Zumba Basics (11:15 AM)
- Community Arthritis Aquatics (12:00 PM)
- CrossFit Workout of the Day (12:00 PM)

**Afternoon**
- CrossFit Workout of the Day (2:00 PM)
- Circuit Training Express (3:00 PM)
- Strong Core & Body (3:30 PM)
- INSANITY LIVE! (4:30 PM)
- Aqua Combo (5:15 PM)
- Cycle Spin (5:30 PM)
- Hi/Lo Aerobics (5:30 PM)
- Yoga Mixed Levels (6:30 PM)
- Muscle Max (7:00 PM)
- 30min Quick Fit (7:30 PM)
- Rocking the Waves (7:45 PM)
- Zumba (8:00 PM)

**Tuesday**

**Morning**
- CrossFit Workout of the Day (5:00 AM)
- Cardio Core (5:15 AM)
- Early AM Boot Camp (5:45 AM)
- CrossFit Workout of the Day (6:00 AM)
- Intro to Water Fitness (8:05 AM)
- Aquasize (9:05 AM)
- Cycle Spin (9:15 AM)
- Cardio Kick Boot Camp (9:15 AM)
- Muscle Max (9:15 AM)
- Zumba (9:15 AM)
- Total Body Conditioning (9:15 AM)
- Yin Yoga (9:15 AM)
- Aquasize (9:15 AM)
- Cycle Spin (9:15 AM)
- Power Core on Ball (10:30 AM)
- Community Arthritis Aquatics (12:00 PM)
- CrossFit Workout of the Day (12:00 PM)

**Afternoon**
- CrossFit Workout of the Day (2:00 PM)
- Zumba (4:45 PM)
- Cycle Spin (4:45 PM)
- Shape with Weights (6:00 PM)
- Cardio Kick Boot Camp (6:00 PM)
- Circuit Training Express (6:45 PM)
- Hydro Burn (7:00 PM)
- Pilates Mix (7:00 PM)

**Wednesday**

**Morning**
- CrossFit Workout of the Day (5:00 AM)
- Cycle Spin (5:15 AM)
- Sunrise Yoga (6:00 AM)
- CrossFit Workout of the Day (6:00 AM)
- Intro to Water Fitness (6:00 AM)
- Senior Strike Circ
- Stretch, Tone, & Balance (9:00 AM)
- Aquasize (9:05 AM)
- Cycle Spin (9:15 AM)
- Muscle Max (9:15 AM)
- Cross Training (9:30 AM)
- Get Bendy Stretching (9:45 AM)
- Hi/Lo Aerobics (10:15 AM)
- Liquid Cardio (10:15 AM)
- Senior Sit-N-Tone (10:30 AM)
- Gentle Pilates (10:30 AM)
- Zumba Basics (11:15 AM)
- Power Hour Yoga (11:45 AM)
- Community Arthritis Aquatics (12:00 PM)
- CrossFit Workout of the Day (12:00 PM)

**Afternoon**
- CrossFit Workout of the Day (2:00 PM)
- Circuit Training Express (3:00 PM)
- Strong Core & Body (3:30 PM)
- INSANITY LIVE! (4:30 PM)
- Aqua Combo (5:15 PM)
- Cycle Spin (5:30 PM)
- Hi/Lo Aerobics (5:30 PM)
- Yoga Mixed Levels (6:30 PM)
- Muscle Max (7:00 PM)
- Rocking the Waves (7:45 PM)

**Thursday**

**Morning**
- CrossFit Workout of the Day (5:00 AM)
- Cycle Spin (5:15 AM)
- Sunrise Yoga (6:00 AM)
- CrossFit Workout of the Day (6:00 AM)
- Intro to Water Fitness (6:00 AM)
- Aquasize (9:05 AM)
- Yoga Flow (9:15 AM)
- Cardio Kick Boot Camp (9:15 AM)
- Muscle Max (9:15 AM)
- Zumba (9:15 AM)
- Total Body Conditioning (9:15 AM)
- Yin Yoga (9:15 AM)
- Aquasize (9:15 AM)
- Cycle Spin (9:15 AM)
- Power Core on Ball (10:30 AM)
- Community Arthritis Aquatics (12:00 PM)
- CrossFit Workout of the Day (12:00 PM)

**Afternoon**
- CrossFit Workout of the Day (2:00 PM)
- Zumba (4:45 PM)
- Cycle Spin (4:45 PM)
- Shape with Weights (6:00 PM)
- Cardio Kick Boot Camp (6:00 PM)
- Circuit Training Express (6:45 PM)
- Hydro Burn (7:00 PM)
- Pilates Mix (7:00 PM)

**Friday**

**Morning**
- CrossFit Workout of the Day (5:00 AM)
- Cycle Spin (5:15 AM)
- Sunrise Splash (6:00 AM)
- CrossFit Workout of the Day (6:00 AM)
- Intro to Water Fitness (6:00 AM)
- Senior Strike Circ
- Stretch, Tone, & Balance (9:00 AM)
- Aquasize (9:05 AM)
- Cycle Spin (9:15 AM)
- Muscle Max (9:15 AM)
- Cross Training (9:30 AM)
- Get Bendy Stretching (9:45 AM)
- Hi/Lo Aerobics (10:15 AM)
- Liquid Cardio (10:15 AM)
- Senior Sit-N-Tone (10:30 AM)
- Gentle Pilates (10:30 AM)
- Zumba Basics (11:15 AM)
- Power Hour Yoga (11:45 AM)
- Community Arthritis Aquatics (12:00 PM)
- CrossFit Workout of the Day (12:00 PM)

**Saturday**

**Morning**
- CrossFit Workout of the Day (5:00 AM)
- Cycle Spin (5:15 AM)
- Sunrise Splash (6:00 AM)
- CrossFit Workout of the Day (6:00 AM)
- Intro to Water Fitness (6:00 AM)
- Senior Strike Circ
- Stretch, Tone, & Balance (9:00 AM)
- Aquasize (9:05 AM)
- Cycle Spin (9:15 AM)
- Muscle Max (9:15 AM)
- Cross Training (9:30 AM)
- Get Bendy Stretching (9:45 AM)
- Hi/Lo Aerobics (10:15 AM)
- Liquid Cardio (10:15 AM)
- Senior Sit-N-Tone (10:30 AM)
- Gentle Pilates (10:30 AM)
- Zumba Basics (11:15 AM)
- Power Hour Yoga (11:45 AM)
- Community Arthritis Aquatics (12:00 PM)
- CrossFit Workout of the Day (12:00 PM)

**Sunday**

**Afternoon**
- CrossFit Workout of the Day (2:00 PM)
- Zumba (4:45 PM)
- Cycle Spin (4:45 PM)
- Shape with Weights (6:00 PM)
- Cardio Kick Boot Camp (6:00 PM)
- Circuit Training Express (6:45 PM)
- Hydro Burn (7:00 PM)
- Pilates Mix (7:00 PM)

**Fees & Flex Cards**
- To take a Specialty Fitness Class, members can either sign up for an eight-week session of classes or purchase a Flex Card. A Flex Card lets you take Specialty Fitness Classes without registering just show up and have the instructor punch your card.

**Key**
- CFS: CF Studio
- IPS: Indoor Pool
- ST: Studio
- LGS: Lower Level Gym
- CP: Competition Pool
- IP: Indoor Pool
- SLP: Stool Pool
- FAC: Family Aquatic Center

**All classes are for ages 13+ unless otherwise noted.**
**Specialty class: fee applies for non-members for 8-week session of classes.**

**Water Fitness class**
Class is for ages shown (10-90)