### Monday
**Morning**
- CrossFit Workout of the Day: 5:00 AM CFS
- Cycle Spin: 5:15 AM S3
- Sunrise Splash: 6:00 AM IP
- CrossFit Workout of the Day: 6:00 AM CFS
- INSANITY LIVE!: 7:00 AM SDC
- Intro to Water Fitness: 8:05 AM SDC
- Senior Strive Circuit: 8:30 AM CRT
- Stretch, Tone, & Balance: 9:00 AM LLS
- Aquasize: 9:05 AM SCP
- Cycle Spin: 9:15 AM S3
- Muscle Max: 9:15 AM S2
- Cross Training: 9:30 AM S1
- Get Bendy Stretching: 9:45 AM CRT
- Hi/Lo Aerobics: 10:15 AM S2
- Liquid Cardio: 10:15 AM CP
- Senior Sit-N-Tone: 10:30 AM S1
- Zumba Basics: 11:05 AM S2
- Community Arthritis Aquatics: 12:00 PM SCP
- CrossFit Workout of the Day: 12:00 PM CFS

**Afternoon**
- CrossFit Workout of the Day: 3:40 PM CFS
- Circuit Training Express: 5:30 PM CRT
- Strong Core & Body: 5:30 PM S2
- CrossFit Workout of the Day: 5:30 PM CFS
- INSANITY LIVE!: 6:45 PM S1
- Aqua Combo: 6:15 PM SCP
- Cycle Spin: 6:30 PM S3
- Hi/Lo Aerobics: 6:30 PM S1
- Yoga Mixed Levels: 6:30 PM S5
- Muscle Max: 7:00 PM S2
- 30m Quick Fit: 7:00 PM CRT
- Rocking the Waves: 7:00 PM FAC
- Zumba: 8:00 PM S2

### Tuesday
**Morning**
- CrossFit Workout of the Day: 5:00 AM CFS
- Cardio Core: 5:15 AM S2
- Early AM Boot Camp: 6:00 AM CFS
- CrossFit Workout of the Day: 6:00 AM CFS
- Intro to Water Fitness: 8:05 AM SCP
- Aquasize: 9:05 AM SCP
- Cycle Spin: 9:15 AM S3
- Cardio Kick Boot Camp: 9:15 AM S1
- Muscle Max: 9:15 AM S2
- Zumba: 9:15 AM LLS
- Total Body Conditioning: 9:15 AM CRT
- Yin Yoga: 9:15 AM S5
- Aqua Stretch-N-Tone: 10:00 AM SCP
- Liquid Cardio: 10:15 AM CP
- Power Core on Ball: 10:30 AM S2
- Community Arthritis Aquatics: 12:00 AM SCP
- CrossFit Workout of the Day: 12:00 AM CFS

**Afternoon**
- CrossFit Workout of the Day: 3:40 PM CFS
- Zumba: 4:45 PM S2
- CrossFit Workout of the Day: 5:30 AM CFS
- Cycle Spin: 6:00 AM S3
- Shape with Weights: 6:00 AM S2
- Cardio Kick Boot Camp: 6:00 AM S1
- Circuit Training Express: 6:30 AM CRT
- Hydro Burn: 6:45 AM SCP
- Pilates Mix: 7:00 AM S5
- Zumba: 7:00 AM S2

### Wednesday
**Morning**
- CrossFit Workout of the Day: 5:00 AM CFS
- Cycle Spin: 5:15 AM S3
- Sunrise Splash: 6:00 AM IP
- CrossFit Workout of the Day: 6:00 AM CFS
- Intro to Water Fitness: 8:05 AM SCP
- Senior Strive Circuit: 8:30 AM CRT
- Stretch, Tone, & Balance: 9:00 AM LLS
- Aquasize: 9:05 AM SCP
- Cycle Spin: 9:15 AM S3
- Muscle Max: 9:15 AM S2
- Cross Training: 9:30 AM S1
- Get Bendy Stretching: 9:45 AM CRT
- Liquid Cardio: 10:15 AM CP
- Liquid Cardio: 10:30 AM S5
- Zumba Basics: 11:15 AM S2
- CrossFit Workout of the Day: 12:00 PM CFS

**Afternoon**
- CrossFit Workout of the Day: 3:40 PM CFS
- Circuit Training Express: 5:30 PM CRT
- Strong Core & Body: 5:30 PM S2
- CrossFit Workout of the Day: 5:30 PM CFS
- INSANITY LIVE!: 6:15 PM S1
- Aqua Combo: 6:15 PM SCP
- Cycle Spin: 6:30 PM S3
- Hi/Lo Aerobics: 6:30 PM LLS
- Muscle Max: 7:00 PM S2
- Rocking The Waves: 7:30 PM FAC

### Thursday
**Morning**
- CrossFit Workout of the Day: 5:00 AM CFS
- Cycle Spin: 5:15 AM S3
- Sunrise Splash: 6:00 AM IP
- CrossFit Workout of the Day: 6:00 AM CFS
- Intro to Water Fitness: 8:05 AM SCP
- Zumba Basics: 8:00 AM S2
- Aqua Stretch-N-Tone: 10:00 AM SCP
- Liquid Cardio: 10:15 AM CP
- Power Core on Ball: 10:30 AM S2
- Community Arthritis Aquatics: 12:00 AM SCP
- CrossFit Workout of the Day: 12:00 AM CFS

**Afternoon**
- CrossFit Workout of the Day: 3:40 PM CFS
- Zumba: 4:45 PM S2
- Cycle Spin: 6:00 AM S3
- Shape with Weights: 6:00 AM S2
- Cardio Kick Boot Camp: 6:00 AM S1
- Circuit Training Express: 6:30 AM CRT
- Hydro Burn: 6:45 AM SCP
- Zumba: 7:00 AM S1
- Muscle Max: 7:00 AM S2
- Warm Yoga: 7:00 AM S5

### Friday
**Morning**
- CrossFit Workout of the Day: 5:00 AM CFS
- Cardio Core: 5:15 AM S2
- Sunrise Splash: 6:00 AM IP
- CrossFit Workout of the Day: 6:00 AM CFS
- Intro to Water Fitness: 8:05 AM SCP
- Sprinter Core Circuit: 8:30 AM CRT
- Stretch, Tone, & Balance: 9:00 AM LLS
- Aquasize: 9:05 AM SCP
- 30 Minute Quick Fix: 9:15 AM S3
- Cycle Spin: 9:15 AM S3
- Muscle Max: 9:15 AM S2
- Gentle Yoga: 9:15 AM S5
- Get Bendy Stretching: 9:30 AM S1
- Liquid Cardio: 9:15 AM S1
- Total Body Conditioning: 9:15 AM S1
- Barre: 10:30 AM S5
- CrossFit Workout of the Day: 12:00 AM CFS

**Afternoon**
- CrossFit Workout of the Day: 5:00 AM CFS
- Cardio Core: 5:15 AM S2
- Sunrise Splash: 6:00 AM IP
- CrossFit Workout of the Day: 6:00 AM CFS
- Intro to Water Fitness: 8:05 AM SCP
- Sprinter Core Circuit: 8:30 AM CRT
- Stretch, Tone, & Balance: 9:00 AM LLS
- Aquasize: 9:05 AM SCP
- 30 Minute Quick Fix: 9:15 AM S3
- Cycle Spin: 9:15 AM S3
- Muscle Max: 9:15 AM S2
- Gentle Yoga: 9:15 AM S5
- Get Bendy Stretching: 9:30 AM S1
- Liquid Cardio: 9:15 AM S1
- Total Body Conditioning: 9:15 AM S1
- Barre: 10:30 AM S5
- CrossFit Workout of the Day: 12:00 AM CFS

### Saturday
**Morning**
- CrossFit Workout of the Day: 5:00 AM CFS
- Cardio Core: 5:15 AM S2
- Sunrise Splash: 6:00 AM IP
- CrossFit Workout of the Day: 6:00 AM CFS
- Intro to Water Fitness: 8:05 AM SCP
- Sprinter Core Circuit: 8:30 AM CRT
- Stretch, Tone, & Balance: 9:00 AM LLS
- Aquasize: 9:05 AM SCP
- 30 Minute Quick Fix: 9:15 AM S3
- Cycle Spin: 9:15 AM S3
- Muscle Max: 9:15 AM S2
- Gentle Yoga: 9:15 AM S5
- Get Bendy Stretching: 9:30 AM S1
- Liquid Cardio: 9:15 AM S1
- Total Body Conditioning: 9:15 AM S1
- Barre: 10:30 AM S5
- CrossFit Workout of the Day: 12:00 AM CFS

**Sunday**
- CrossFit Workout of the Day: 5:00 AM CFS
- Cardio Core: 5:15 AM S2
- Sunrise Splash: 6:00 AM IP
- CrossFit Workout of the Day: 6:00 AM CFS
- Intro to Water Fitness: 8:05 AM SCP
- Sprinter Core Circuit: 8:30 AM CRT
- Stretch, Tone, & Balance: 9:00 AM LLS
- Aquasize: 9:05 AM SCP
- 30 Minute Quick Fix: 9:15 AM S3
- Cycle Spin: 9:15 AM S3
- Muscle Max: 9:15 AM S2
- Gentle Yoga: 9:15 AM S5
- Get Bendy Stretching: 9:30 AM S1
- Liquid Cardio: 9:15 AM S1
- Total Body Conditioning: 9:15 AM S1
- Barre: 10:30 AM S5
- CrossFit Workout of the Day: 12:00 AM CFS

### 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.
- 5 Punch Cards: $30
- 20 Punch Cards: $74
- 10 PunchWaterFitnessCards/$40