

Group Exercise Schedule

August 1st – August 31st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 7a BodyCombat Emily	6 - 6:30a Bootcamp Emily	6 - 7a BodyPump Vici	6 - 6:30a Sprint Emily	6 - 6:30a Les Mills Core Emily	8 - 9a BodyStep Emily	9:15 - 10:15a BodyPump Stephanie
8 - 8:45a Gentle Stretch & Strength Terri/S2	9 - 9:30a Les Mills Core Emily	9 - 9:45a Gentle Stretch & Strength Maureen/S2	8 - 8:45a Gentle Stretch & Strength Terri/S2	8 - 8:45a Gentle Aqua Fit Joann	8:30 - 9:30a Bootcamp Dena/S2	9:15 - 10:15a Chair Yoga Terri/Joann/S2
8 - 8:45a Gentle Aqua Fit Joann	9 - 9:45a Gentle Aqua Fit Dawn	9 - 9:45a Aqua Yoga Ann	9 - 10a BodyPump Karey	9 - 9:45a Gentle Aqua Fit Joann	9:15 - 9:45a Sprint Katti/Stephanie	10:30 - 11:30a BodyCombat Emily
9 - 9:45a Gentle Aqua Fit Joann	9:45 - 10:15a Sprint Katti	9 - 10a BodyCombat Karey	10 - 10:45a Aqua Chi Flow Jeanne	9 - 10a BodyStep Emily	9:30 - 10:30a Aqua Zumba Elizabeth (4 th Saturday/Mo)	10:30 - 11:30a Vinyasa Yoga Terri/Joann/S2
9 - 10:15a Yoga Ease & Strength Margot/S2	10 - 10:45a Gentle Aqua Fit Joann	10 - 10:45a Gentle Aqua Fit Ann	9 - 9:45a Yoga Terri/S2	10 - 10:45a Gentle Aqua Fit Ann	10:15 - 11:15a Tai Chi John/S2	
9 - 10a BodyPump Tonya	10:15 - 11a Low & Go Dawn/S2	10:15 - 11:15a Restorative Yoga Michelle/S2	10 - 10:45a Pilates Karey/Maureen/S2		10 - 11a Fitness in the Park Dena (Rootstown Community Park)	
10:30 - 11:30a Tai Chi Jeanne/S2	4:30 - 5p Sprint Emily	12:15 - 12:45p Vinyasa Yoga Michelle/S2	11 - 12p Chair Yoga Terri/S2			
4:30 - 5:30p Kettlebell Shawn/S2	5:30 - 6:30p Boot Camp Kristi	4:30 - 5:15p POUND Elizabeth	4:30 - 5:15p BodyStep Emily			
5:30 - 6:30p S'WET Emily/Lap Pool	5:30 - 6:15p Low & Go Dena/S2	5:30 - 6:30p BodyCombat Karey	5:30 - 6:30p Aqua Boot Camp Emily/Lap Pool			
5:30 - 6:30p BodyPump Stephanie	6:30 - 7:30p Zumba Wendy/S2	5:30 - 6:15p Aqua Zumba Wendy/Lap Pool	5:30 - 6:30p BodyPump Kristi			
6:30 - 7:30p Hatha Yoga Deana/S2		6:15 - 7:15p Vinyasa Yoga Michelle/S2	5:30 - 6:15p Baby Steps Maureen/S2			
		7:30 - 8:30p Restorative Yoga Michelle/S2	6:30 - 7:30p Power Yoga Michelle/S2			

- Please sign-up for classes at the front desk upon check-in to the facility.
- Classes are subject to change at any time and will run on a month-to-month basis.
- For class descriptions please visit our website or ask our staff members.
- All classes are held in the gymnasium unless otherwise indicated, gentle aqua classes are held in the warm pool.
- **Color Key:** Black = Cardio Red = Strength/Endurance Grey = Mind/Body Yellow = Low Impact Blue = Aqua



Gymnasium Schedule

August 1st - August 31st

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B
Open 5-5:45a	Open 5-5:45a	Open 5-5:45a	Open 5-5:45a	Open 5-5:45a	Open 5-5:45a	Open 5-5:45a	Open 5-5:45a	Open 5-5:45a	Open 5-5:45a				
BODYCOMBAT 6-7a		Boot Camp 6-6:30a		BODYPUMP 6-7a		SPRINT 6-6:30a		Les Mills CORE 6-6:30a					
Open 7:15-9a	Open 7:15-9a	Open 6:45-8:45a	Open 6:45-8:45a	Open 7:15-9a	Open 7:15-9a	Open 6:45-8:45a	Open 6:45-8:45a	Open 6:45-8:45a	Open 6:45-8:45a	Open 7-7:45a	Open 7-7:45a		
BODYPUMP 9-10a		Les Mills CORE 9-9:30a		BODYCOMBAT 9-10a		BODYPUMP 9-10a		BODYSTEP 9-10a		BODYSTEP 8-9a			
Open 10:15a-5:15p	Open 10:15a-5:15p	SPRINT 9:45-10:15a		Open 10:30a-4:15p	Open 10:30a-4:15p	Open 10:15-11a	Open 10:15-11a	Open 10:15a-9p	Open 10:15a-9p				
		Open 10:30-11a	Open 10:30-11a										
		Pickleball 11a-1p				Pickleball 11a-1p							
		Open 1-4:15p	Open 1-4:15p			Open 1-4:15p	Open 1-4:15p						
		SPRINT 4:30-5p				POUND 4:30-5:15p							
BODYPUMP 5:30-6:30p		Boot Camp 5:30-6:30a		BODYCOMBAT 5:30-6:30p		BODYPUMP 5:30-6:30p							
Open 6:45-8p	Open 6:45-8p	Open 6:45-8p	Open 6:45-8p	Open 6:45-10p	Open 6:45-10p	Open 6:45-8p	Open 6:45-8p						
Student Basketball 8-10p	Student Basketball 8-10p	Student Volleyball 8-10p	Student Volleyball 8-10p			Student Volleyball 8-10p	Student Volleyball 8-10p						

Schedule Key



Open



Group Exercise Class



Unavailable



Warm Water & Lap Pool Schedule

August 1st - August 31st

Warm Water Therapy Pool

Lap Pool

Warm Water Therapy Pool							Lap Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5-8a	Open 5-9a	Open 5-9a	Open 5-10a	Open 5-8a	Open 7-9a								
Gentle Aqua Fit 8-8:45a				Gentle Aqua Fit 8-8:45a								Open 7a-12p	
Gentle Aqua Fit 9-9:45a	Gentle Aqua Fit 9-9:45a	Aqua Yoga 9-9:45a		Gentle Aqua Fit 9-9:45a	Learn To Swim 9a-12p								
	Gentle Aqua Fit 10-10:45a	Gentle Aqua Fit 10-10:45a	Aqua Chi Flow 10-10:45a	Gentle Aqua Fit 10-10:45a			Open 5a-5:30p	Open 5a-5p	Open 5a-5:30p	Open 5a-5:30p			
Physical Therapy 10a-4p		Physical Therapy 11a-5p			Open 12-6:30p	Open 9a-4:30p					Open 5a-8:30p	Learn To Swim 12-1:30p	Open 9a-4:30p
Open 4-5p	Open 10:45a-9:30p		Open 10:45a-9:30p	Open 10:45a-8:30p								Open 1:30-6:30p	
Learn To Swim 5-7p		Learn To Swim 5-7p					S'WET 5:30-6:30p	Kids Supervised Swim 5-7p	Aqua Zumba 5:30-6:30p	Aqua Boot Camp 5:30-6:30p			
Open 7-9:30p		Open 7-9:30p					Learn To Swim 7-7:45p		Learn To Swim 7-7:45p				
							Open 7:45-9:30p	Open 7-9:30p	Open 7:45-9:30p	Open 6:30-9:30p			

*Family open times are for ages 13 and younger. Kids under the age of 14 must be accompanied by an adult.
 **Adult open times are for ages 14 and older.

Schedule Key



Open



Group Exercise Class



Unavailable