

# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
<p><b><u>Circle Swim</u></b> 8:00 a.m. - 9:00 a.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 8:00 a.m. - 4:00 p.m.</p> <p><b><u>Dryland drop-in</u></b> 8:00 a.m. - 9:45 a.m. Dryland Training Room</p> <p><b><u>Spin</u></b> 9:00 a.m. - 9:45 a.m. Fitness Studio-main floor</p> <p><b><u>Length Swim</u></b> 9:00 a.m. - 12:30 p.m.</p> <p><b><u>SYNRGY Circuit</u></b> 10:00 a.m. - 11:00 a.m. Dryland Training Room</p> <p><b><u>Drop-in badminton</u></b> 10:00 a.m. - 11:45 a.m.</p> <p><b><u>Family Swim</u></b> 12:30 p.m. - 2:00 p.m.</p> <p><b><u>Public Swim</u></b> 2:00 p.m. - 4:00 p.m.</p>	<p><b><u>Circle Swim</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 7:00 a.m.</p> <p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Upper Body and Cardio</u></b> 7:00 a.m. - 7:45 a.m. Fitness Studio-main floor</p> <p><b><u>Length Swim</u></b> 7:30 a.m. - 10:00 a.m.</p> <p><b><u>Family Swim</u></b> 8:30 a.m. - 10:00 a.m.</p> <p><b><u>SYNRGY Circuit</u></b> 9:00 a.m. - 10:00 a.m. Dryland Training Room</p> <p><b><u>Gentle Fit</u></b> 9:00 a.m. - 9:45 a.m.</p> <p><b><u>Warm Water Workout</u></b> 9:00 a.m. - 10:00 a.m.</p> <p><b><u>Sit &amp; Fit</u></b> 10:15 a.m. - 11:00 a.m. Fitness Studio-main floor</p> <p><b><u>Aquafit</u></b> 10:30 a.m. - 11:30 a.m.</p>	<p><b><u>Circle Swim</u></b> 5:30 a.m. - 7:00 a.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Gentle Fit</u></b> 7:00 a.m. - 7:45 a.m.</p> <p><b><u>Length Swim</u></b> 7:00 a.m. - 10:00 a.m.</p> <p><b><u>Spin</u></b> 7:00 a.m. - 7:45 a.m. Fitness Studio-main floor</p> <p><b><u>Circle Swim</u></b> 7:45 a.m. - 9:00 a.m.</p> <p><b><u>Step</u></b> 8:00 a.m. - 8:45 a.m. Fitness Studio-second floor</p> <p><b><u>Family Swim</u></b> 8:30 a.m. - 10:00 a.m.</p> <p><b><u>Full Body Strength</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-second floor</p> <p><b><u>Warm Water Workout</u></b> 9:00 a.m. - 10:00 a.m.</p>	<p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Circle Swim</u></b> 5:30 a.m. - 7:00 a.m.</p> <p><b><u>Lower Body and Core</u></b> 7:00 a.m. - 7:45 a.m. Fitness Studio-main floor</p> <p><b><u>Length Swim</u></b> 7:30 a.m. - 9:00 a.m.</p> <p><b><u>Family Swim</u></b> 8:30 a.m. - 10:00 a.m.</p> <p><b><u>Calorie Blast</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-second floor</p> <p><b><u>Warm Water Workout</u></b> 9:00 a.m. - 10:00 a.m.</p> <p><b><u>Gentle Fit</u></b> 9:00 a.m. - 9:45 a.m.</p> <p><b><u>Length Swim</u></b> 9:15 a.m. - 10:00 a.m.</p> <p><b><u>Sit &amp; Fit</u></b> 10:15 a.m. - 11:00 a.m. Fitness Studio-main floor</p>	<p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Circle Swim</u></b> 5:30 a.m. - 7:00 a.m.</p> <p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Spin</u></b> 7:00 a.m. - 7:45 a.m. Fitness Studio-main floor</p> <p><b><u>Gentle Fit</u></b> 7:00 a.m. - 7:45 a.m.</p> <p><b><u>Length Swim</u></b> 7:00 a.m. - 10:00 a.m.</p> <p><b><u>Circle Swim</u></b> 7:45 a.m. - 9:00 a.m.</p> <p><b><u>Full Body Strength</u></b> 8:00 a.m. - 8:45 a.m. Fitness Studio-second floor</p> <p><b><u>Family Swim</u></b> 8:30 a.m. - 10:00 a.m.</p> <p><b><u>Full Body Strength</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-second floor</p> <p><b><u>Warm Water Workout</u></b> 9:00 a.m. - 10:00 a.m.</p>	<p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Circle Swim</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Full Body Strength</u></b> 7:00 a.m. - 7:45 a.m. Fitness Studio-main floor</p> <p><b><u>Length Swim</u></b> 7:00 a.m. - 10:00 a.m.</p> <p><b><u>Circle Swim</u></b> 8:00 a.m. - 12:30 p.m.</p> <p><b><u>Family Swim</u></b> 8:30 a.m. - 10:00 a.m.</p> <p><b><u>Family Swim</u></b> 8:30 a.m. - 10:00 a.m.</p> <p><b><u>Warm Water Workout</u></b> 9:00 a.m. - 10:00 a.m.</p> <p><b><u>Spin &amp; Tone</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-main floor</p> <p><b><u>Zumba</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-second floor</p> <p><b><u>Sit &amp; Fit</u></b> 10:15 a.m. - 11:00 a.m. Fitness Studio-main floor</p>	<p><b><u>Hydrotherapy Pool</u></b> 8:00 a.m. - 4:00 p.m.</p> <p><b><u>Circle Swim</u></b> 8:00 a.m. - 1:30 p.m.</p> <p><b><u>Spin</u></b> 8:15 a.m. - 9:00 a.m. Fitness Studio-main floor</p> <p><b><u>Calorie Blast</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-second floor</p> <p><b><u>Adult basketball</u></b> 12:15 p.m. - 1:45 p.m.</p> <p><b><u>Public Swim</u></b> 2:00 p.m. - 4:00 p.m.</p>

	<p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Zoomer Fitness</u></b> 11:15 a.m. - 12:00 p.m. Fitness Studio-second floor</p> <p><b><u>Family Swim</u></b> 11:30 a.m. - 1:30 p.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 11:30 a.m. - 1:30 p.m.</p>	<p><b><u>Yoga</u></b> 10:15 a.m. - 11:15 a.m. Gymnasium</p> <p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Aquafit</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Length Swim</u></b> 11:30 a.m. - 1:30 p.m.</p>	<p><b><u>Yogalates</u></b> 10:15 a.m. - 11:00 a.m. Fitness Studio-second floor</p> <p><b><u>Aquafit</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Drop-in basketball</u></b> 11:30 a.m. - 12:30 p.m.</p>	<p><b><u>Yoga</u></b> 10:15 a.m. - 11:15 a.m. Gymnasium</p> <p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Aquafit</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 11:30 a.m. - 1:30 p.m.</p>	<p><b><u>Cardio &amp; Core</u></b> 10:15 a.m. - 11:00 a.m. Fitness Studio-second floor</p> <p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Aquafit</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Zoomer Fitness</u></b> 11:15 a.m. - 12:00 p.m. Fitness Studio-second floor</p>	
7	8	9	10	11	12	13
<p><b><u>Hydrotherapy Pool</u></b> 8:00 a.m. - 4:00 p.m.</p> <p><b><u>Dryland drop-in</u></b> 8:00 a.m. - 9:45 a.m. Dryland Training Room</p> <p><b><u>Spin</u></b> 9:00 a.m. - 9:45 a.m. Fitness Studio-main floor</p> <p><b><u>SYNRGY Circuit</u></b> 10:00 a.m. - 11:00 a.m. Dryland Training Room</p> <p><b><u>Drop-in badminton</u></b> 10:00 a.m. - 11:45 a.m.</p> <p><b><u>Family Swim</u></b> 12:30 p.m. - 2:00 p.m.</p> <p><b><u>Public Swim</u></b> 2:00 p.m. - 4:00 p.m.</p>	<p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 7:00 a.m.</p> <p><b><u>Circle Swim</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Upper Body and Cardio</u></b> 7:00 a.m. - 7:45 a.m. Fitness Studio-main floor</p> <p><b><u>Length Swim</u></b> 7:30 a.m. - 10:00 a.m.</p> <p><b><u>Family Swim</u></b> 8:30 a.m. - 10:00 a.m.</p> <p><b><u>SYNRGY Circuit</u></b> 9:00 a.m. - 10:00 a.m. Dryland Training Room</p> <p><b><u>Warm Water Workout</u></b> 9:00 a.m. - 10:00 a.m.</p>	<p><b><u>Circle Swim</u></b> 5:30 a.m. - 7:00 a.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Gentle Fit</u></b> 7:00 a.m. - 7:45 a.m.</p> <p><b><u>Length Swim</u></b> 7:00 a.m. - 10:00 a.m.</p> <p><b><u>Spin</u></b> 7:00 a.m. - 7:45 a.m. Fitness Studio-main floor</p> <p><b><u>Circle Swim</u></b> 7:45 a.m. - 9:00 a.m.</p> <p><b><u>Step</u></b> 8:00 a.m. - 8:45 a.m. Fitness Studio-second floor</p> <p><b><u>Family Swim</u></b> 8:30 a.m. - 10:00 a.m.</p>	<p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Circle Swim</u></b> 5:30 a.m. - 7:00 a.m.</p> <p><b><u>Lower Body and Core</u></b> 7:00 a.m. - 7:45 a.m. Fitness Studio-main floor</p> <p><b><u>Length Swim</u></b> 7:30 a.m. - 9:00 a.m.</p> <p><b><u>Family Swim</u></b> 8:30 a.m. - 10:00 a.m.</p> <p><b><u>Calorie Blast</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-second floor</p> <p><b><u>Gentle Fit</u></b> 9:00 a.m. - 9:45 a.m.</p> <p><b><u>Length Swim</u></b> 9:15 a.m. -</p>	<p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Circle Swim</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Gentle Fit</u></b> 7:00 a.m. - 7:45 a.m.</p> <p><b><u>Length Swim</u></b> 7:00 a.m. - 10:00 a.m.</p> <p><b><u>Spin</u></b> 7:00 a.m. - 7:45 a.m. Fitness Studio-main floor</p> <p><b><u>Circle Swim</u></b> 7:45 a.m. - 9:00 a.m.</p> <p><b><u>Full Body Strength</u></b> 8:00 a.m. - 8:45 a.m. Fitness Studio-second floor</p> <p><b><u>Family Swim</u></b> 8:30 a.m. -</p>	<p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Circle Swim</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Full Body Strength</u></b> 7:00 a.m. - 7:45 a.m. Fitness Studio-main floor</p> <p><b><u>Length Swim</u></b> 7:30 a.m. - 10:00 a.m.</p> <p><b><u>Family Swim</u></b> 8:30 a.m. - 10:00 a.m.</p> <p><b><u>Warm Water Workout</u></b> 9:00 a.m. - 10:00 a.m.</p> <p><b><u>Spin &amp; Tone</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-main floor</p> <p><b><u>Zumba</u></b></p>	<p><b><u>Circle Swim</u></b> 8:00 a.m. - 9:30 a.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 8:00 a.m. - 4:00 p.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 8:00 a.m. - 4:00 p.m.</p> <p><b><u>Spin</u></b> 8:15 a.m. - 9:00 a.m. Fitness Studio-main floor</p> <p><b><u>Calorie Blast</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-second floor</p> <p><b><u>Length Swim</u></b> 9:30 a.m. - 4:00 p.m.</p> <p><b><u>Deep Water Aquafit</u></b> 12:00 p.m. - 1:00 p.m.</p> <p><b><u>Adult basketball</u></b> 12:15 p.m. - 1:45 p.m.</p> <p><b><u>Public Swim</u></b> 2:00 p.m. - 4:00 p.m.</p>

	<p><b><u>Gentle Fit</u></b> 9:00 a.m. - 9:45 a.m.</p> <p><b><u>Sit &amp; Fit</u></b> 10:15 a.m. - 11:00 a.m. Fitness Studio-main floor</p> <p><b><u>Aquafit</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Zoomer Fitness</u></b> 11:15 a.m. - 12:00 p.m. Fitness Studio-second floor</p> <p><b><u>Family Swim</u></b> 11:30 a.m. - 1:30 p.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 11:30 a.m. - 1:30 p.m.</p>	<p><b><u>Full Body Strength</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-second floor</p> <p><b><u>Warm Water Workout</u></b> 9:00 a.m. - 10:00 a.m.</p> <p><b><u>Yoga</u></b> 10:15 a.m. - 11:15 a.m. Gymnasium</p> <p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Aquafit</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Drop-in basketball</u></b> 11:30 a.m. - 12:30 p.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 11:30 a.m. - 1:30 p.m.</p>	<p>10:00 a.m.</p> <p><b><u>Sit &amp; Fit</u></b> 10:15 a.m. - 11:00 a.m. Fitness Studio-main floor</p> <p><b><u>Yogalates</u></b> 10:15 a.m. - 11:00 a.m. Fitness Studio-second floor</p> <p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Aquafit</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Drop-in basketball</u></b> 11:30 a.m. - 12:30 p.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 11:30 a.m. - 1:30 p.m.</p>	<p>10:00 a.m.</p> <p><b><u>Full Body Strength</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-second floor</p> <p><b><u>Yoga</u></b> 10:15 a.m. - 11:15 a.m. Gymnasium</p> <p><b><u>Aquafit</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 11:30 a.m. - 1:30 p.m.</p> <p><b><u>Family Swim</u></b> 11:30 a.m. - 1:30 p.m.</p>	<p>9:00 a.m. - 10:00 a.m. Fitness Studio-second floor</p> <p><b><u>Sit &amp; Fit</u></b> 10:15 a.m. - 11:00 a.m. Fitness Studio-main floor</p> <p><b><u>Cardio &amp; Core</u></b> 10:15 a.m. - 11:00 a.m. Fitness Studio-second floor</p> <p><b><u>Aquafit</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Zoomer Fitness</u></b> 11:15 a.m. - 12:00 p.m. Fitness Studio-second floor</p> <p><b><u>Drop-in basketball</u></b> 11:30 a.m. - 12:30 p.m.</p>		
14	<p><b><u>Circle Swim</u></b> 8:00 a.m. - 9:00 a.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 8:00 a.m. - 4:00 p.m.</p> <p><b><u>Dryland drop-in</u></b> 8:00 a.m. - 9:45 a.m. Dryland Training Room</p> <p><b><u>Spin</u></b> 9:00 a.m. - 9:45 a.m. Fitness Studio-main floor</p> <p><b><u>Length Swim</u></b> 9:00 a.m. - 12:30 p.m.</p> <p><b><u>SYNRGY Circuit</u></b></p>	<p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 7:00 a.m.</p> <p><b><u>Circle Swim</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Upper Body and Cardio</u></b> 7:00 a.m. - 7:45 a.m. Fitness Studio-main floor</p> <p><b><u>Length Swim</u></b> 7:30 a.m. - 10:00 a.m.</p> <p><b><u>Family Swim</u></b></p>	<p><b><u>Circle Swim</u></b> 5:30 a.m. - 7:00 a.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Gentle Fit</u></b> 7:00 a.m. - 7:45 a.m.</p> <p><b><u>Length Swim</u></b> 7:00 a.m. - 10:00 a.m.</p> <p><b><u>Spin</u></b> 7:00 a.m. - 7:45 a.m. Fitness Studio-</p>	<p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Circle Swim</u></b> 5:30 a.m. - 7:00 a.m.</p> <p><b><u>Lower Body and Core</u></b> 7:00 a.m. - 7:45 a.m. Fitness Studio-main floor</p> <p><b><u>Length Swim</u></b> 7:30 a.m. - 9:00 a.m.</p> <p><b><u>Family Swim</u></b></p>	<p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Circle Swim</u></b> 5:30 a.m. - 7:00 a.m.</p> <p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Gentle Fit</u></b> 7:00 a.m. - 7:45 a.m.</p> <p><b><u>Length Swim</u></b> 7:00 a.m. - 10:00 a.m.</p> <p><b><u>Spin</u></b> 7:00 a.m. - 7:45 a.m. Fitness Studio-</p>	<p><b><u>Family Swim</u></b> 8:30 a.m. - 10:00 a.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 8:00 a.m. - 4:00 p.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 8:00 a.m. - 4:00 p.m.</p> <p><b><u>Circle Swim</u></b> 8:00 a.m. - 9:30 a.m.</p> <p><b><u>Spin</u></b> 8:15 a.m. - 9:00 a.m. Fitness Studio-main floor</p> <p><b><u>Calorie Blast</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-second floor</p> <p><b><u>Length Swim</u></b> 9:30 a.m. - 4:00</p>	20

<p>10:00 a.m. - 11:00 a.m. Dryland Training Room</p> <p><b><u>Drop-in badminton</u></b> 10:00 a.m. - 11:45 a.m.</p> <p><b><u>Family Swim</u></b> 12:30 p.m. - 2:00 p.m.</p> <p><b><u>Public Swim</u></b> 2:00 p.m. - 4:00 p.m.</p>	<p>8:30 a.m. - 10:00 a.m.</p> <p><b><u>SYNRGY Circuit</u></b> 9:00 a.m. - 10:00 a.m. Dryland Training Room</p> <p><b><u>Warm Water Workout</u></b> 9:00 a.m. - 10:00 a.m.</p> <p><b><u>Gentle Fit</u></b> 9:00 a.m. - 9:45 a.m.</p> <p><b><u>Sit &amp; Fit</u></b> 10:15 a.m. - 11:00 a.m. Fitness Studio-main floor</p> <p><b><u>Aquafit</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Zoomer Fitness</u></b> 11:15 a.m. - 12:00 p.m. Fitness Studio-second floor</p> <p><b><u>Family Swim</u></b> 11:30 a.m. - 1:30 p.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 11:30 a.m. - 1:30 p.m.</p>	<p>main floor</p> <p><b><u>Circle Swim</u></b> 7:45 a.m. - 9:00 a.m.</p> <p><b><u>Step</u></b> 8:00 a.m. - 8:45 a.m. Fitness Studio-second floor</p> <p><b><u>Family Swim</u></b> 8:30 a.m. - 10:00 a.m.</p> <p><b><u>Full Body Strength</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-second floor</p> <p><b><u>Warm Water Workout</u></b> 9:00 a.m. - 10:00 a.m.</p> <p><b><u>Yoga</u></b> 10:15 a.m. - 11:15 a.m. Gymnasium</p> <p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Aquafit</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Length Swim</u></b> 11:30 a.m. - 1:30 p.m.</p>	<p>8:30 a.m. - 10:00 a.m.</p> <p><b><u>Calorie Blast</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-second floor</p> <p><b><u>Warm Water Workout</u></b> 9:00 a.m. - 10:00 a.m.</p> <p><b><u>Gentle Fit</u></b> 9:00 a.m. - 9:45 a.m.</p> <p><b><u>Length Swim</u></b> 9:15 a.m. - 10:00 a.m.</p> <p><b><u>Sit &amp; Fit</u></b> 10:15 a.m. - 11:00 a.m. Fitness Studio-main floor</p> <p><b><u>Yogalates</u></b> 10:15 a.m. - 11:00 a.m. Fitness Studio-second floor</p> <p><b><u>Aquafit</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Drop-in basketball</u></b> 11:30 a.m. - 12:30 p.m.</p>	<p>main floor</p> <p><b><u>Circle Swim</u></b> 7:45 a.m. - 9:00 a.m.</p> <p><b><u>Full Body Strength</u></b> 8:00 a.m. - 8:45 a.m. Fitness Studio-second floor</p> <p><b><u>Family Swim</u></b> 8:30 a.m. - 10:00 a.m.</p> <p><b><u>Full Body Strength</u></b> 9:00 a.m. - 10:00 a.m. Fitness Studio-second floor</p> <p><b><u>Warm Water Workout</u></b> 9:00 a.m. - 10:00 a.m.</p> <p><b><u>Yoga</u></b> 10:15 a.m. - 11:15 a.m. Gymnasium</p> <p><b><u>Warm Water Workout</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Aquafit</u></b> 10:30 a.m. - 11:30 a.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 11:30 a.m. - 1:30 p.m.</p>	<p>p.m.</p> <p><b><u>Aquafit</u></b> 12:00 p.m. - 1:00 p.m.</p> <p><b><u>Adult basketball</u></b> 12:15 p.m. - 1:45 p.m.</p> <p><b><u>Public Swim</u></b> 2:00 p.m. - 4:00 p.m.</p>
--	---	---	---	---	---

21	<p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 7:00 a.m.</p> <p><b><u>Circle Swim</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p>	<p><b><u>Circle Swim</u></b> 5:30 a.m. - 7:00 a.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p>	<p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Circle Swim</u></b> 5:30 a.m. - 7:00 a.m.</p>	<p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Circle Swim</u></b> 5:30 a.m. - 7:00 a.m.</p> <p><b><u>Dryland drop-in</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p>	<p><b><u>Circle Swim</u></b> 5:30 a.m. - 8:45 a.m. Dryland Training Room</p> <p><b><u>Hydrotherapy Pool</u></b> 5:30 a.m. - 9:00 a.m.</p> <p><b><u>Circle Swim</u></b> 5:30 a.m. - 9:00 a.m.</p>
----	--	--	--	--	--

27

**Circle Swim**  
8:00 a.m. - 9:30 a.m.

**Hydrotherapy Pool**  
8:00 a.m. - 4:00 p.m.

**Hydrotherapy Pool**  
8:00 a.m. - 4:00 p.m.

**Spin**

**Upper Body and Cardio**  
7:00 a.m. - 7:45 a.m.  
Fitness Studio-main floor

**Length Swim**  
7:30 a.m. - 10:00 a.m.

**Family Swim**  
8:30 a.m. - 10:00 a.m.

**SYNRGY Circuit**  
9:00 a.m. - 10:00 a.m.  
Dryland Training Room

**Warm Water Workout**  
9:00 a.m. - 10:00 a.m.

**Gentle Fit**  
9:00 a.m. - 9:45 a.m.

**Sit & Fit**  
10:15 a.m. - 11:00 a.m.  
Fitness Studio-main floor

**Aquafit**  
10:30 a.m. - 11:30 a.m.

**Warm Water Workout**  
10:30 a.m. - 11:30 a.m.

**Zoomer Fitness**  
11:15 a.m. - 12:00 p.m.  
Fitness Studio-second floor

**Family Swim**  
11:30 a.m. - 1:30 p.m.

**Hydrotherapy Pool**  
11:30 a.m. - 1:30 p.m.

**Gentle Fit**  
7:00 a.m. - 7:45 a.m.

**Length Swim**  
7:00 a.m. - 10:00 a.m.

**Spin**  
7:00 a.m. - 7:45 a.m.  
Fitness Studio-main floor

**Circle Swim**  
7:45 a.m. - 9:00 a.m.

**Step**  
8:00 a.m. - 8:45 a.m.  
Fitness Studio-second floor

**Family Swim**  
8:30 a.m. - 10:00 a.m.

**Full Body Strength**  
9:00 a.m. - 10:00 a.m.  
Fitness Studio-second floor

**Warm Water Workout**  
9:00 a.m. - 10:00 a.m.

**Yoga**  
10:15 a.m. - 11:15 a.m.  
Gymnasium

**Warm Water Workout**  
10:30 a.m. - 11:30 a.m.

**Aquafit**  
10:30 a.m. - 11:30 a.m.

**Length Swim**  
11:30 a.m. - 1:30 p.m.

**Lower Body and Core**  
7:00 a.m. - 7:45 a.m.  
Fitness Studio-main floor

**Length Swim**  
7:30 a.m. - 9:00 a.m.

**Family Swim**  
8:30 a.m. - 10:00 a.m.

**Calorie Blast**  
9:00 a.m. - 10:00 a.m.  
Fitness Studio-second floor

**Warm Water Workout**  
9:00 a.m. - 10:00 a.m.

**Gentle Fit**  
9:00 a.m. - 9:45 a.m.

**Length Swim**  
9:15 a.m. - 10:00 a.m.

**Sit & Fit**  
10:15 a.m. - 11:00 a.m.  
Fitness Studio-main floor

**Yogalates**  
10:15 a.m. - 11:00 a.m.  
Fitness Studio-second floor

**Aquafit**  
10:30 a.m. - 11:30 a.m.

**Warm Water Workout**  
10:30 a.m. - 11:30 a.m.

**Drop-in basketball**  
11:30 a.m. - 12:30 p.m.

**Gentle Fit**  
7:00 a.m. - 7:45 a.m.

**Length Swim**  
7:00 a.m. - 10:00 a.m.

**Spin**  
7:00 a.m. - 7:45 a.m.  
Fitness Studio-main floor

**Circle Swim**  
7:45 a.m. - 9:00 a.m.

**Full Body Strength**  
8:00 a.m. - 8:45 a.m.  
Fitness Studio-second floor

**Family Swim**  
8:30 a.m. - 10:00 a.m.

**Full Body Strength**  
9:00 a.m. - 10:00 a.m.  
Fitness Studio-second floor

**Warm Water Workout**  
9:00 a.m. - 10:00 a.m.

**Yoga**  
10:15 a.m. - 11:15 a.m.  
Gymnasium

**Warm Water Workout**  
10:30 a.m. - 11:30 a.m.

**Aquafit**  
10:30 a.m. - 11:30 a.m.

**Hydrotherapy Pool**  
11:30 a.m. - 1:30 p.m.

**Full Body Strength**  
7:00 a.m. - 7:45 a.m.  
Fitness Studio-main floor

**Length Swim**  
7:30 a.m. - 10:00 a.m.

**Family Swim**  
8:30 a.m. - 10:00 a.m.

**Spin & Tone**  
9:00 a.m. - 10:00 a.m.  
Fitness Studio-main floor

**Warm Water Workout**  
9:00 a.m. - 10:00 a.m.

**Zumba**  
9:00 a.m. - 10:00 a.m.  
Fitness Studio-second floor

**Sit & Fit**  
10:15 a.m. - 11:00 a.m.  
Fitness Studio-main floor

**Cardio & Core**  
10:15 a.m. - 11:00 a.m.  
Fitness Studio-second floor

**Aquafit**  
10:30 a.m. - 11:30 a.m.

**Warm Water Workout**  
10:30 a.m. - 11:30 a.m.

**Zoomer Fitness**  
11:15 a.m. - 12:00 p.m.  
Fitness Studio-second floor

**Drop-in basketball**  
11:30 a.m. - 12:30 p.m.

8:15 a.m. - 9:00 a.m.  
Fitness Studio-main floor

**Calorie Blast**  
9:00 a.m. - 10:00 a.m.  
Fitness Studio-second floor

**Length Swim**  
9:30 a.m. - 4:00 p.m.

**Aquafit**  
12:00 p.m. - 1:00 p.m.

**Adult basketball**  
12:15 p.m. - 1:45 p.m.

**Public Swim**  
2:00 p.m. - 4:00 p.m.

**Circle Swim**

8:00 a.m. - 9:00 a.m.

**Hydrotherapy Pool**

8:00 a.m. - 4:00 p.m.

**Dryland drop-in**

8:00 a.m. - 9:45 a.m.  
Dryland Training Room

**Spin**

9:00 a.m. - 9:45 a.m.  
Fitness Studio-main floor

**Length Swim**

9:00 a.m. - 12:30 p.m.

**SYNRGY**

**Circuit**

10:00 a.m. - 11:00 a.m.  
Dryland Training Room

**Drop-in**

**badminton**

10:00 a.m. - 11:45 a.m.

**Family Swim**

12:30 p.m. - 2:00 p.m.

**Public Swim**

2:00 p.m. - 4:00 p.m.

**Hydrotherapy Pool**

5:30 a.m. - 7:00 a.m.

**Circle Swim**

5:30 a.m. - 9:00 a.m.

**Dryland drop-in**

5:30 a.m. - 8:45 a.m.  
Dryland Training Room

**Upper Body and Cardio**

7:00 a.m. - 7:45 a.m.  
Fitness Studio-main floor

**Length Swim**

7:30 a.m. - 10:00 a.m.

**Family Swim**

8:30 a.m. - 10:00 a.m.

**SYNRGY Circuit**

9:00 a.m. - 10:00 a.m.  
Dryland Training Room

**Warm Water Workout**

9:00 a.m. - 10:00 a.m.

**Gentle Fit**

9:00 a.m. - 9:45 a.m.

**Sit & Fit**

10:15 a.m. - 11:00 a.m.  
Fitness Studio-main floor

**Aquafit**

10:30 a.m. - 11:30 a.m.

**Warm Water Workout**

10:30 a.m. - 11:30 a.m.

**Zoomer Fitness**

11:15 a.m. - 12:00 p.m.  
Fitness Studio-second floor

**Circle Swim**

5:30 a.m. - 7:00 a.m.

**Hydrotherapy Pool**

5:30 a.m. - 9:00 a.m.

**Dryland drop-in**

5:30 a.m. - 8:45 a.m.  
Dryland Training Room

**Gentle Fit**

7:00 a.m. - 7:45 a.m.

**Length Swim**

7:00 a.m. - 10:00 a.m.

**Spin**

7:00 a.m. - 7:45 a.m.  
Fitness Studio-main floor

**Circle Swim**

7:45 a.m. - 9:00 a.m.

**Step**

8:00 a.m. - 8:45 a.m.  
Fitness Studio-second floor

**Family Swim**

8:30 a.m. - 10:00 a.m.

**Full Body Strength**

9:00 a.m. - 10:00 a.m.  
Fitness Studio-second floor

**Warm Water Workout**

9:00 a.m. - 10:00 a.m.

**Yoga**

10:15 a.m. - 11:15 a.m.  
Gymnasium

**Warm Water Workout**

10:30 a.m. - 11:30 a.m.

**Aquafit**

10:30 a.m. -

**Dryland drop-in**

5:30 a.m. - 8:45 a.m.  
Dryland Training Room

**Hydrotherapy Pool**

5:30 a.m. - 9:00 a.m.

**Circle Swim**

5:30 a.m. - 7:00 a.m.

**Lower Body and Core**

7:00 a.m. - 7:45 a.m.  
Fitness Studio-main floor

**Length Swim**

7:30 a.m. - 9:00 a.m.

**Family Swim**

8:30 a.m. - 10:00 a.m.

**Calorie Blast**

9:00 a.m. - 10:00 a.m.  
Fitness Studio-second floor

**Warm Water Workout**

9:00 a.m. - 10:00 a.m.

**Gentle Fit**

9:00 a.m. - 9:45 a.m.

**Length Swim**

9:15 a.m. - 10:00 a.m.

**Sit & Fit**

10:15 a.m. - 11:00 a.m.  
Fitness Studio-main floor

**Yogalates**

10:15 a.m. - 11:00 a.m.  
Fitness Studio-second floor

**Aquafit**

10:30 a.m. - 11:30 a.m.

**Warm Water Workout**

**Hydrotherapy Pool**

5:30 a.m. - 9:00 a.m.

**Circle Swim**

5:30 a.m. - 7:00 a.m.

**Dryland drop-in**

5:30 a.m. - 8:45 a.m.  
Dryland Training Room

**Gentle Fit**

7:00 a.m. - 7:45 a.m.

**Length Swim**

7:00 a.m. - 10:00 a.m.

**Spin**

7:00 a.m. - 7:45 a.m.  
Fitness Studio-main floor

**Circle Swim**

7:45 a.m. - 9:00 a.m.

**Full Body Strength**

8:00 a.m. - 8:45 a.m.  
Fitness Studio-second floor

**Family Swim**

8:30 a.m. - 10:00 a.m.

**Full Body Strength**

9:00 a.m. - 10:00 a.m.  
Fitness Studio-second floor

**Warm Water Workout**

9:00 a.m. - 10:00 a.m.

**Yoga**

10:15 a.m. - 11:15 a.m.  
Gymnasium

**Warm Water Workout**

10:30 a.m. - 11:30 a.m.

**Aquafit**

**Dryland drop-in**

5:30 a.m. - 8:45 a.m.  
Dryland Training Room

**Hydrotherapy Pool**

5:30 a.m. - 9:00 a.m.

**Circle Swim**

5:30 a.m. - 9:00 a.m.

**Full Body Strength**

7:00 a.m. - 7:45 a.m.  
Fitness Studio-main floor

**Length Swim**

7:30 a.m. - 10:00 a.m.

**Family Swim**

8:30 a.m. - 10:00 a.m.

**Spin & Tone**

9:00 a.m. - 10:00 a.m.  
Fitness Studio-main floor

**Warm Water Workout**

9:00 a.m. - 10:00 a.m.

**Zumba**

9:00 a.m. - 10:00 a.m.  
Fitness Studio-second floor

**Sit & Fit**

10:15 a.m. - 11:00 a.m.  
Fitness Studio-main floor

**Cardio & Core**

10:15 a.m. - 11:00 a.m.  
Fitness Studio-second floor

**Aquafit**

10:30 a.m. - 11:30 a.m.

**Warm Water Workout**

10:30 a.m. - 11:30 a.m.

**Circle Swim**

8:00 a.m. - 9:30 a.m.

**Hydrotherapy Pool**

8:00 a.m. - 4:00 p.m.

**Hydrotherapy Pool**

8:00 a.m. - 4:00 p.m.

**Spin**

8:15 a.m. - 9:00 a.m.  
Fitness Studio-main floor

**Calorie Blast**

9:00 a.m. - 10:00 a.m.  
Fitness Studio-second floor

**Length Swim**

9:30 a.m. - 4:00 p.m.

**Aquafit**

12:00 p.m. - 1:00 p.m.

**Public Swim**

2:00 p.m. - 4:00 p.m.

	<p><b><u>Family Swim</u></b> 11:30 a.m. - 1:30 p.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 11:30 a.m. - 1:30 p.m.</p>	<p>11:30 a.m.</p> <p><b><u>Length Swim</u></b> 11:30 a.m. - 1:30 p.m.</p>	<p>10:30 a.m. - 11:30 a.m.</p> <p><b><u>Drop-in basketball</u></b> 11:30 a.m. - 12:30 p.m.</p>	<p>10:30 a.m. - 11:30 a.m.</p> <p><b><u>Hydrotherapy Pool</u></b> 11:30 a.m. - 1:30 p.m.</p>	<p><b><u>Zoomer Fitness</u></b> 11:15 a.m. - 12:00 p.m. Fitness Studio- second floor</p> <p><b><u>Drop-in basketball</u></b> 11:30 a.m. - 12:30 p.m.</p>
--	---	---	--	--	--

**Start Date:** 04/01/2019

**End Date:** 04/30/2019

<https://calendar.waynegretzkysportscentre.ca>