

Specialty Class Sampler – Try before you Buy March 12 – March 25 2018

12-Mar	Instructor	
10:00 a.m. - 11:00 a.m. HIIT & Abs	Erin Covey	Fitness Floor
11:30 a.m. - 12:20 p.m. Ai Chi	Monica Ramirez	Exercise Pool
12:00 p.m. - 12:30 p.m. Pilates Reformer Jump & Crunch	Ashley Smith	Studio 2
TUESDAY	Instructor	
13-Mar		
1:00 p.m.- 1:30 p.m. Lift the Floor	Michelle Weaver	Studio 2
3:45 p.m. - 4:15 p.m. Pilates Reformer Jump and Crunch	Michelle Weaver	Studio 2
5:00 p.m. - 5:30 p.m. Adult Learn-to-Swim Beginner	Amber Hunter	Exercise Pool
5:30 p.m. – 6:00 p.m. Adult Learn-to-Swim Intermediate	Amber Hunter	Lap Pool
WEDNESDAY	Instructor	
14-Mar		
6:15 a.m. – 7:00 a.m. SwimFit	Jenna Demastus	Lap Pool
2:30 p.m. - 3:30 p.m. Healthy Changes	Sheila Kedigh	Fitness Floor
THURSDAY	Instructor	
15-Mar		
12:30 p.m. - 1:30 p.m. Tai Chi	Mat Trindle	Studio 1
1:00 p.m. - 1:30 p.m. Lift the Floor	Michelle Weaver	Studio 2
3:45 p.m. - 4:15 p.m. Pilates Reformer Jump and Crunch	Michelle Weaver	Studio 2
6:30 p.m. - 7:30 p.m. Pilates on Fire	Ashley Smith	Studio 2
7:00 p.m. – 8:00 p.m. Box Conditioning	Mat Trindle	Studio 1
SATURDAY	Instructor	
17-Mar		
7:30 a.m. - 8:15 a.m. TRI Swim	Jenna Demastus	Lap Pool
10:00 a.m. - 10:50 a.m. Aqua Pilates	Monica Ramirez	Exercise Pool
MONDAY	Instructor	
19-Mar		
2:30 p.m. - 3:30 p.m. Healthy Changes	Sheila Kedigh	Fitness Floor
TUESDAY	Instructor	
20-Mar		
1:00 p.m. - 1:30 p.m. Lift the Floor	Michelle Weaver	Studio 2
3:45 p.m. - 4:15 p.m. Pilates Reformer Jump and Crunch	Michelle Weaver	Studio 2
6:30 p.m. - 7:30 p.m. Pilates on Fire	Ashley Smith	Studio 2
WEDNESDAY	Instructor	
21-Mar		
12:00 p.m. - 1:00 p.m. HIIT & Abs (<i>small group training</i>)	Erin Covey	Fitness Floor
THURSDAY	Instructor	
22-Mar		
1:00 p.m. - 1:30 p.m. Lift the floor	Michelle Weaver	Studio 2
12:30 p.m. - 1:30 p.m. Tai Chi	Mat Trindle	Studio 1
3:45 p.m. - 4:15 p.m. Pilates Reformer Jump and Crunch	Michelle Weaver	Studio 2
6:00 p.m. - 6:30 p.m. Adult Learn-to-Swim Advanced	Amber Hunter	Lap Pool
6:30 p.m. - 7:00 p.m. Elite Swim Team	Amber Hunter	Lap Pool
SATURDAY	Instructor	
24-Mar		
10:00 a.m. - 10:50 a.m. Aqua Pilates Pilates	Monica Ramirez	Exercise Pool

