

AUGUST

HOURS OF OPERATION

MON. - THURS. 5:00 AM - 9:00 PM
 FRIDAY 5:00 AM - 7:00 PM
 SATURDAY 8:00 AM - 3:00 PM
 SUNDAY 1:30 PM - 5:00 PM

CHILDWATCH HOURS

MON. - FRI. 8:00 AM - 11:00 AM
 MON. - THURS. 4:00 PM - 8:00 PM
 NO WEEKEND HOURS!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>STRENGTH FOR DAILY LIVING (SDL): SUSAN ADAMS</u> <u>WATER AEROBICS: SUSAN ADAMS & KAYE FOWLER</u> <u>CORE & MORE, CARDIO SCULPT: MEKA ADAMS</u> <u>HIIT & COMBAT CLASS: CARI CONLEY</u> <u>LINE DANCING: MELANIE TRAMMELL</u> <u>SUPER STARS (DSN): SHELBY ALEXANDER</u>						1
2	3 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:15-6:00 H.I.I.T. CLASS	4 9:00-10:00 SUPER STARS 6:00-6:45 LINE DANCING 6:15-7:00 WATER AEROBICS	5 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	6 5:15-6:00 COMBAT CLASS 6:15-7:00 WATER AEROBICS	7 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS	8
9	10 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:15-6:00 H.I.I.T. CLASS	11 9:00-10:00 SUPER STARS 6:00-6:45 LINE DANCING 6:15-7:00 WATER AEROBICS	12 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	13 5:15-6:00 COMBAT CLASS 6:15-7:00 WATER AEROBICS	14 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS	15
16	17 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:15-6:00 H.I.I.T. CLASS	18 9:00-10:00 SUPER STARS 6:00-6:45 LINE DANCING 6:15-7:00 WATER AEROBICS	19 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	20 5:15-6:00 COMBAT CLASS 6:15-7:00 WATER AEROBICS	21 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS	22
23	24 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:15-6:00 H.I.I.T. CLASS	25 9:00-10:00 SUPER STARS 6:00-6:45 LINE DANCING 6:15-7:00 WATER AEROBICS	26 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:30-6:00 CORE & MORE 6:00-7:00 CARDIO SCULPT	27 5:15-6:00 COMBAT CLASS 6:15-7:00 WATER AEROBICS	28 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS	29
30	31 9:30-10:15 SDL 10:30-11:15 WATER AEROBICS 5:15-6:00 H.I.I.T. CLASS					

CLASS DESCRIPTIONS

STRENGTH FOR DAILY LIVING (SDL)



Participants move through a series of low-impact exercises that focus on improving balance, flexibility, strength, and cardiovascular health. Exercises can be modified for different levels of ability.

CORE & MORE, CARDIO SCULPT



Core & More: Group fitness session that focuses on building core strength (abs, back, glutes, & hips) for better posture, balance, and overall stability.

Cardio Sculpt: Dynamic group fitness session that blends aerobics with strength and core training to build endurance and tone muscles.

HIGH-INTENSITY INTERVAL TRAINING (HIIT)



Participants engage in short bursts of intense aerobic exercise (burpees, jump-squats, etc.) followed by recovery intervals of brief rest or light activity. Designed to boost fitness, burn calories, and improve endurance, and can be modified for all levels of ability.

COMBAT CLASS



A high-energy and non-contact workout that blends martial arts-inspired movements with cardio and functional fitness training. Designed for all fitness levels to improve strength, endurance, coordination, and agility in a fun and engaging environment.

LINE DANCING



A beginner-friendly and fun approach to exercise, designed to improve cardiovascular health, build muscle, and increase endurance. Includes easy-to-follow line dance steps set to a variety of music types, from classic favorites to modern hits.

SUPER STARS (DSN)



A supportive, inclusive exercise session for Disabled/Special Needs adults. Exercises are adaptable and low-impact, and often include light cardio, stretching, balance work, and light strength training.

WATER AEROBICS



A low-impact, full-body fitness class designed to improve strength, flexibility, balance, and cardiovascular health in an aquatic environment. Provides a safe, joint-friendly workout that helps increase mobility, endurance, and overall wellness while reducing stress on the body.