

Monday

	CLASS	INSTRUCTOR	
5:00 AM	Cross Training	Yuly Lopez	5:00 AM
5:15 AM	Power Ride (Indoor Cycle)	Linda Pancorbo	5:15 AM
7:00 AM	Senior Fit (Free 62+)	Linda Pancorbo	8:00 AM
9:15 AM	Power Ride (Indoor Cycle)	Yuly Lopez	9:15 AM
10:00 AM	Active Aging	Patti DeAnda	10:00 AM
5:15 PM	Aqua Fitness	Desiree Garcia	5:15 PM
5:30 PM	Power Ride (Indoor Cycle)	Christopher Miller	5:30 PM

Tuesday

	CLASS	INSTRUCTOR	
5:00 AM	Cross Training	Yuly Lopez	5:00 AM
5:15 AM	Power Ride (Indoor Cycle)	Rodney Rittenhouse	5:15 AM
8:00 AM	WATERinMOTION®	Linda Pancorbo	8:00 AM
9:15 AM	XCO® LATIN BY JACKIE	Linda Pancorbo	9:15 AM
10:00 AM	Active Aging	Patti DeAnda	10:00 AM
5:15 PM	Aqua Fitness	Desiree Garcia	5:15 PM
5:30 PM	Boot Camp	Alfredo Jaras	5:30 PM

Wednesday

	CLASS	INSTRUCTOR	
5:00 AM	Cross Training	Yuly Lopez	5:00 AM
5:15 AM	Power Ride (Indoor Cycle)	Linda Pancorbo	5:15 AM
7:00 AM	Senior Fit (Free 62+)	Linda Pancorbo	8:00 AM
9:15 AM	Power Ride (Indoor Cycle)	Rodney Rittenhouse	9:15 AM
10:00 AM	Active Aging	Patti DeAnda	10:00 AM
5:30 PM	Spin and Burn	Christopher Miller	5:30 PM

Thursday

	CLASS	INSTRUCTOR	
5:00 AM	Cross Training	Yuly Lopez	5:00 AM
5:15 AM	Power Ride (Indoor Cycle)	Rodney Rittenhouse	5:15 AM
8:00 AM	WATERinMOTION®	Linda Pancorbo	8:00 AM
9:15 AM	XCO® LATIN BY JACKIE	Linda Pancorbo	9:15 AM
10:00 AM	Active Aging	Patti DeAnda	10:00 AM
5:15 PM	Aqua Fitness	Kim Osborne	5:15 PM
5:30 PM	Boot Camp	Alfredo Jaras	5:30 PM

Friday

	CLASS	INSTRUCTOR
5:15 AM	Power Ride (Indoor Cycle)	Rodney Rittenhouse
7:00 AM	Senior Fit (Free 62+)	Kim Osborne
9:15 AM	Power Ride (Indoor Cycle)	Christopher Miller

Saturday

	CLASS	INSTRUCTOR
	None	

POOL HOURS

MON-THUR : 5AM-9AM / 5PM-9PM

FRIDAY : 5AM-9AM / 4PM-8PM

SATURDAY : 11AM-4PM