

Fitness Classes

TRX TRAINING

Tuesday Mornings June 5th-June 26th
8:00am-8:30am

Saturday Morning June 2nd
7:00am-7:30am (single class session)

BUDDY BOOTCAMP

Tuesday Evening June 19th
5:05pm-5:50pm (single class session)

IRON FIT

Tuesday Mornings June 5th-June 26th
5:30am-6:15am

Thursday Evenings June 7th-June 28th
6:00pm-6:45pm

Saturday Morning June 2nd
6:15am-7:00am (single class session)

Zumba Gold (FREE)

Saturday, June 16th 10:30am-11:15am

Parent & Me Yoga

Sunday, June 17th 1:00pm-2:00pm

Deep Inner Peace: Yoga for Anxiety

Sunday, June 24th 1:00pm-2:30pm

Cycle Yoga Fusion

Thursdays starting June 7th
8:10am-9:10am. This is a cycle+ yoga format class. After a 30 minute cycle workout, participants get off the bike to focus on the parts of the body that need some yoga love. Participants must be at least 15 years old to take the class.



Aquatics Specialty Class

LIFEGUARDING CLASS

Monday, June 4th-Friday June 8th
4:00pm-8:00pm



Summer Pool Hours

Starting Saturday, June 9th

Rec Pool/ Open Swim:

Monday-Thursday: 12:20pm-5:15pm;
8:00pm-9:00pm

Friday-Saturday: 10:00am-7:00pm

Sunday: 10:00am-3:20pm; 6:00pm-7:00pm

Slide:

Monday-Saturday: 12:20pm-5:20pm

Sunday: 12:20pm-3:20pm

Lap Swim:

Monday-Thursday: 5:30am-9:00pm

Friday-Saturday: 5:30am-7:00pm

Sunday: 8:00am-7:00pm



Both Family Fun Night and Tot Time will return this Fall but come join us for open swim!

Summer Swim Lessons

Summer swim lessons begin Monday, June 4th! There are many different sessions throughout the summer that are available for you to register for.

