

Marvin Altman Fitness Center
Pool Classes

Monday/Wednesday			Tuesday/Thursday		
<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
5:00 a.m.	Pool Opens		5:00 a.m.	Pool Opens	
5:45am – 6:45am	Swim Team	Michelle	5:45am-6:45am	Swim Team	Michelle
9:15 a.m.	Aqua Fitness	Jan/Suzanne	3:30pm - 4:30pm	Swim Team	Michelle
6:30pm -7:30pm	Swim Team	Michelle	4:30 p.m.	Adult Learn to Swim	Kriss
6:00 – 8:30 p.m.	Family Swim		5:15 p.m.	Aqua Fitness	Barbara
<u>Friday</u>			6:30pm-7:30pm	Swim Team	Michelle
5:00 a.m.	Pool Opens		6:00 – 8:30 p.m.	Family Swim	
3:30 -7:30 p.m.	Family Swim		<u>Saturday</u>		
Swim Team will use up to two lap lanes during class			7:00 a.m.	Pool Opens	
			1:00 – 4:30 p.m.	Family Swim	
			<u>Sunday</u>		
			12:00 p.m.	Pool Opens	
			2:00 p.m. – 4:30 p.m.	Family Swim	
			Swim Team will use up to two lap lanes during class		
Pool closes 30 minutes before the fitness center closes. M – TH 8:30 P F – 7:30 P S – 4:30 P Su – 4:30 P			Kids under the age of 10 must be on a Family Membership or pay a Swim Pass fee to participate in family swim.		

Fitness Classes

Monday/Wednesday				Tuesday/Thursday			
<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Rm</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Rm</u>
5:00 a.m.	Bootcamp	Brook	B	5:30 a.m.	Bootcamp	Bob	A
7:00 a.m.	Yoga	Alison	Y	8:00 a.m.	Beginning Yoga	Terri	Y
8:00-10:00 a.m.	Machine Orientation (by appointment)	Suzanne	FF	8:00-10:00 a.m.	Machine Orientation (by appointment)	Suzanne	FF
8:15 a.m.	SilverSneakers Classic	Jan/Suzanne	B	9:00 a.m.	Yoga for Health	Terri	Y
9:00 a.m.	Cardio Dance Party	Debora	A	10:00 a.m.	SilverSneakers Classic	Jan/Suzanne	B
10:00 a.m.	Yoga for Health	Debora	Y	11:00 a.m. (Th. Only)	Stress Detox	Willie	Y
12:30 p.m.	Beginning Yoga	Terri	Y	11:45 a.m.	Seal Fit	Bob	F/A
4:30 p.m.	Barre Class	Barbara	B	5:00 p.m.	Pound TM	Susan	B
5:00 p.m.	Total Body	Laurie	A	5:30 p.m.	Cardio Dance	Nina	A
5:15 p.m.	Cycling	Barbara	B	5:30 p.m.	Body Sculpting	Susan	B
5:45 p.m.	Yoga	Kaylea	Y	5:45 p.m.	Beginning Yoga	Kaylea	Y
				6:45 p.m.	Cycling	Susan	B
<u>Friday</u>				<u>Saturday</u>			
5:00 a.m.	Bootcamp	Brooke	A	7:00 a.m.	Bootcamp	Bob	A
7:00 a.m.	Yoga	Alison	Y	8:30 a.m.	Cardio Dance Party	Deanna	A
9:00 a.m.	Cardio Dance Party	Debora	A	9:00 a.m.	Pilates Mat	Susan	Y
9:00 a.m.	Chair Yoga	Kaylea	Y	9:15 a.m.	Shine Dance Fitness	Deanna	A
10:00 a.m.	Yoga for Health	Kaylea	Y	10:15 a.m.	Pound TM	Susan	B

Fitness Center Hours

Monday – Thursday 5:00 a.m. - 9:00 p.m.

Friday 5:00 a.m. – 8:00 p.m.

Saturday 7:00 a.m. – 5:00 p.m.

Sunday Noon – 5 p.m.