JUNE 2019
FACILITY & CLASS SCHEDULE | REV 5.28.19

AQUATICS CENTER
Notice: Live lifeguard training scenarios may be conducted during operating hours.

SPECIAL HOURS
THURS, JUNE 13.................................Closes 6PM
FRI, JUNE 21...............................Closes 6PM

COMPETITION POOL
MON–FRI..............................7AM–8PM
7AM–12PM | Lap swim all lanes
12:30–4PM | Lanes 1–6 Lap swim
lanes 7–14 open rec. swim
4–6:30PM | Lanes 1–5 closed for swim team,
lanes 6–11 lap swim, deep water ex.

SAT/SUN ..........8AM–7PM
8–10AM | Lanes 1–14 lap swim, some lanes
may be used for Learn-to-Swim program
10AM–12PM, 12:30–3:30PM, 4–7PM
Lanes 1–6 Lap swim, Lanes 7–14 open rec
swim, Comp pool will stay open during
pool break for adult lap swim lanes 1–6

JACUZZI
Follows Competition Pool hours, except for 6:30PM maintenance every
3rd Tuesday of each month.

ADVENTURE COVE
MON–FRI..........................10AM–12PM | 12:30–3:30PM | 4–7PM
8–10AM, 6–7PM | Water-walking

SAT/SUN .........................10AM–12PM | 12:30–3:30PM | 4–7PM
8–10AM | Water-walking

POOL FEATURES
The opening of pool sections, features, and slides will
depend on the availability of lifeguard staffing.

WATER SLIDES
MON–FRI.............................10AM–7PM
SAT/SUN .............................10AM–7PM

TUBE SLIDES, DIVING BOARD & ROCK WALLS
MON–FRI.............................10AM–4PM
SAT/SUN .............................10AM–7PM

Free Wi-Fi available to members and guests. Please see our
Member Services Desk or Fitness Desk for more information.
REMINDER: Outside food not permitted. Alcohol, tobacco
and firearms strictly prohibited.

All schedules subject to change. Aquatic Exercise classes may be
cancelled due to weather conditions. Areas of Competition Pool
may be unavailable for open swim during class times. For more
current schedule, visit us online at KrocCenterHawaii.org.

Questions? Call us (808) 682–5505.
# GROUP EX CLASS SCHEDULE

FOR SAFETY REASONS, PLEASE DO NOT ENTER A CLASS AFTER THE FIRST 10 MINUTES.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td>GENTLE YOGA</td>
<td>7–7:50am, MinSoo</td>
<td>7–7:50am, Jerry</td>
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<td>ZUMBA</td>
<td>8:30–9:20am, Edelynn</td>
<td>Min. 1/Max. 35</td>
<td>10:30–11:20am, Kim</td>
<td>9:30–10:20am, Anna</td>
<td>9:30–10:20am, Anna</td>
<td>9:30–10:20am, Anna</td>
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<tr>
<td>FOREVER FIT</td>
<td>10:30–11:20am, Kim</td>
<td>Min. 1/Max. 27</td>
<td>9:30–10:20am, Anna</td>
<td>Min. 1/Max. 35</td>
<td>9:30–10:20am, Anna</td>
<td>Min. 1/Max. 35</td>
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<tr>
<td>HIP HOP FITNESS</td>
<td>6–6:50pm, Christian</td>
<td>Min. 1/Max. 25</td>
<td>9:30–10:20am, Dela</td>
<td>Min. 1/Max. 20</td>
<td>9:30–10:20am, Dela</td>
<td>Min. 1/Max. 20</td>
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<tr>
<td>BODYPUMP®</td>
<td>7–7:50pm, Kate</td>
<td>Min. 1/Max. 27</td>
<td>9:30–10:20am, Anna</td>
<td>Min. 1/Max. 25</td>
<td>9:30–10:20am, Anna</td>
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<td>REV 5/28/19</td>
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- **TAI CHI**
  - 7–7:50am, Jerry
  - Min. 1/Max. 35
- **TOTAL BODY CONDITIONING**
  - 8:30–9:20am, Kim
  - Min. 1/Max. 35
- **TURBO KICK**
  - 9:30–10:20am, Loi
  - Min. 1/Max. 28
- **YOGA**
  - 10:30–11:20am, Jackie
  - Min. 1/Max. 28
- **HULA FITNESS**
  - 5–5:50pm, Dani
  - Min. 1/Max. 30
- **ZUMBA**
  - 6–6:50pm, Dawne/Hana
  - Min. 1/Max. 40
- **TOTAL BODY CONDITIONING**
  - 7–7:50pm, Dani
  - Min. 1/Max. 30

- **GENTLE YOGA**
  - 7–7:50am, MinSoo
  - Min. 1/Max. 35
- **STEP INTERVALS**
  - 8:30–9:20am, Kim
  - Min. 1/Max. 25
- **ZUMBA**
  - 8:30–9:20am, Dela
  - Min. 1/Max. 40
- **POWER SCULPT**
  - 9:30–10:20am, Carla
  - Min. 1/Max. 25
- **FOREVER FIT**
  - 10:30–11:20am, Jackie
  - Min. 1/Max. 25
- **BODYPUMP®**
  - 9:30–10:20am, Dela
  - Min. 1/Max. 40
  - 10:30–11:20am, Dela
  - Min. 1/Max. 30
- **BODYPUMP®**
  - 6:30–7:20pm, Lisa
  - Min. 1/Max. 27
- **ZUMBA GOLD**
  - 6–6:50pm, Lisa
  - Min. 1/Max. 27
- **BODYPUMP®**
  - 5–5:50pm, Lori
  - Min. 1/Max. 25
- **YOGA RECOVERY**
  - 5:30–6:20pm, MinSoo
  - Min. 1/Max. 15
- **ZUMBA**
  - 8:30–11:30am, Dela
  - Min. 1/Max. 40
- **TABATA**
  - 5–5:50pm, Milena
  - Min. 1/Max. 15
- **BODYPUMP®**
  - 7–7:50pm, Katie
  - Min. 1/Max. 30
- **TOTAL BODY CONDITIONING**
  - 5:30–6:20pm, Anna
  - Min. 1/Max. 20
- **CARDIO & CORE**
  - 5:30–6:20am, Kim
  - Min. 1/Max. 25
- **CYCLE**
  - 8:15–9:05am, Carla
  - Min. 1/Max. 25
- **MIXED MECHANICS**
  - 8:30–9:20am, Carla
  - Min. 1/Max. 25
- **BEGINNER STEP**
  - 9:30–10:20am, Carla
  - Min. 1/Max. 15
- **FOREVER FIT & BALANCED**
  - 10:30–11:20am, Carla
  - Min. 1/Max. 15
- **BODYPUMP®**
  - 9:30–10:20am, Milena
  - Min. 1/Max. 20
- **VINYASA YOGA**
  - 10:30–11:20am, Milena
  - Min. 1/Max. 15
- **POP PILATES**
  - 5–5:50pm, Pinky
  - Min. 1/Max. 15
- **CYCLE**
  - 6–6:50pm, Lisa
  - Min. 1/Max. 25
- **SPIN INTERVALS**
  - 5:30–6:20am, Kim
  - Min. 1/Max. 25
- **CARDIO KICKBOX**
  - 9:30–10:20am, Milena
  - Min. 1/Max. 20
- **FOREVER FIT & BALANCED**
  - 10:30–11:20am, Milena
  - Min. 1/Max. 15
- **BODYMASSAGE**
  - 6–6:50pm, Anna
  - Min. 1/Max. 25
- **TOTAL BODY CONDITIONING**
  - 5–5:50pm, Anna
  - Min. 1/Max. 15
- **ZUMBA**
  - 8:30–9:20am, Dela
  - Min. 1/Max. 40
- **BODYPUMP®**
  - 9:30–10:20am, Dela
  - Min. 1/Max. 35
- **VINYASA YOGA**
  - 9:30–10:20am, Milena
  - Min. 1/Max. 35
- **GENTLE YOGA**
  - 9:30–10:20am, Jess
  - Min. 1/Max. 35
- **BODYPUMP®**
  - 10:30–11:20am, Katie
  - Min. 1/Max. 27
- **ZUMBA**
  - 6–6:50pm, Molly
  - Min. 1/Max. 40
- **TOTAL BODY CONDITIONING**
  - 5:30–6:20am, Kim
  - Min. 1/Max. 25
- **BODYPUMP®**
  - 5:30–6:20pm, Lisa
  - Min. 1/Max. 25
- **VINYASA YOGA**
  - 9:30–10:20am, Milena
  - Min. 1/Max. 35
- **GENTLE YOGA**
  - 10:30–11:20am, Jess
  - Min. 1/Max. 35
- **BODYPUMP®**
  - 10:30–11:20am, Dela
  - Min. 1/Max. 40
- **YOGA FOUNDATIONS**
  - 9:45–10:30am, MinSoo
  - Min. 1/Max. 20
CLASS DESCRIPTIONS

AQUA FIT
This class can use just the water or buoyant aquatic equipment to help tone your upper and lower body as well as improve your core muscle to stabilize your body in water. The water provides atmosphere of safe resistance for aerobic conditioning. Moreover, it adds variety and excitement to your exercise routine. All levels. Ages 13–15 must be accompanied by an adult.

AQUA TABATA
This class has a high intensity interval class performed in the water. This class is a fun and effective workout designed to torch calories. The greater intensity of this HiIT workout is tiresome, but brings about results in a shorter amount of time. All fitness levels. Ages 13–15 must be accompanied by an adult.

AQUA ZUMBA
Splashing, stretching, twisting, even shouting, laughing, are often heard during this class. Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. All levels. Ages 13–15 must be accompanied by an adult.

BEGINNER STEP
Beginner step is the perfect workout that starts simply, then the moves become steadily more challenging. Building on an easy-to-learn base of moves, this workout allows you to hit the ground running and start burning calories immediately, instead of taking a long time to learn the moves before you can get a good workout.

BODY PUMP®
BODY PUMP® is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetitions (reps), BODY PUMP® gives you a total body workout that burns lots of calories. It’ll also tone and shape your body, without adding bulky muscles. The rep effect—a scientifically proven Les Mills formula—is the secret to developing lean athletic muscle without the need for heavy weights. All levels. Ages 13–15 must be accompanied by an adult.

BOOT CAMP
An outdoor class that mixes interval training and strength exercises. This class will help promote camaraderie and team effort. Be ready to be pushed harder than you would push yourself. Hat, sunglasses, and sunblock recommended. All levels. Ages 13–15 must be accompanied by an adult.

CARDIO & CORE
This class offers a mix of Cardio formats and at least 10 minutes of core each class. All are welcome, from beginner to advanced. Ages 13–15 must be accompanied by an adult.

CARDIO KICKBOX
This class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun choreographed dance and the energy of music, resulting in an intense workout that is fun and effective. You will be challenged to flow from one exercise to the next, developing a rock solid core, while leaving NO muscle untouched. Every exercise can be modified to fit YOUR personal needs. All levels. Ages 13–15 must be accompanied by an adult.

CORE
Strengthen abdominals, obliques, back extensors and core stabilizers to improve appearance and function. All levels. Ages 13–15 must be accompanied by an adult.

CYCLE
If a challenge is what you’re looking for, this is it! Whether you’re training for a triathlon or riding for cardiovascular health, this class will get you there. Come enjoy the ride! See beginning option on Fridays. Ages 13–15 must be accompanied by an adult.

FOREVER FIT
Forever Fit targets the largest growing population: Baby Boomers or anyone getting over an injury. This strength class is designed for someone looking for a gentle or beginner strength class. You will be using equipment to work on toning all the major muscle groups, joint stability and balance. This class is suitable for all levels. Ages 13–15 must be accompanied by an adult.

FOREVER FIT & BALANCE
Similar to Forever Fit with a large emphasis on balance. All levels. Ages 13–15 must be accompanied by an adult.

GENTLE YOGA
Ideal for beginners who want a slower pace with basic yoga postures, breathing techniques and relaxation. All levels. Ages 13–15 must be accompanied by an adult.

HIP HOP FITNESS
Hip Hop Fitness is a dance based cardio class. Be ready to have some fun as you dance combinations and Hip-Hop moves to some of your favorite songs. You won’t even realize you are working out. All levels. Ages 13–15 must be accompanied by an adult.

HULA FITNESS
Based on traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness, this is a fun full body workout. Dance workouts target different muscles in your body. It provides an increased strength and definition to your core with emphasis on the abs, glutes, quads and arms. All levels. Ages 13–15 must be accompanied by an adult.

MAT FUSION
This mat based class fuses multiple diverse exercise styles to strengthen and lengthen the body. All Levels. Ages 13–15 must be accompanied by an adult.

MOVEMENT MECHANICS
Sometimes going harder and faster isn’t the best way to make the most of your training. This class will help you improve your fitness and see results sooner by focusing on your movement mechanics. Come and check out this highly motivating class and see how you can improve your form. All Levels. Ages 13–15 must be accompanied by an adult.

POP PILATES
A total body, equipment-free workout that sculpts a rock solid core and a lean dancer’s body like nothing else can. It’s a combination of total body Pilates exercises with the attitude of choreographed dance and the energy of music, results in an intense workout that is fun and effective. You will be challenged to flow from one exercise to the next, developing a rock solid core, while leaving NO muscle untouched. Every exercise can be modified to fit YOUR personal needs. All levels. Ages 13–15 must be accompanied by an adult.

RECOVERY METHODS
A balance of flexibility and mobility incorporating multiple principles of human kinetics. This class will provide various methods of relieving tight muscles and increasing joint mobility. All levels. Ages 13–15 must be accompanied by an adult.

RESTORATIVE YOGA
Exhale and say, “ahhh.” as we learn and practice the art of relaxation through simple movements, guided meditation, music, and breath. Drawing attention inward, this class offers techniques to de-stress from our go-go-go world and seek a peaceful state to restore body, mind, and spirit. All Levels. Ages 13–15 must be accompanied by an adult.

STEP INTERVALS
This is a class of low impact cardio, on the bike, and strength training off the bike. This high energy class is designed to give you a great metabolic conditioning workout and help improve muscle endurance. You will alternate between cycle (heart rate elevating) and strength training (heart rate recovery). All levels. Ages 13–15 must be accompanied by an adult.

START STRONG
In this class we focus on learning technique. Each cycle will center around one compound lift and the smaller, complimentary, movements that can be incorporated. This class is designed for beginners & experienced lifters who want to refine their technique. Ages 13–15 must be accompanied by an adult.

STEP INTERVALS
A cardiovascular aerobic workout using the STEP and nuer systm and simple choreography and fun moves will encourage the participant to work harder! Intervals will provide resistance training for muscular strength and endurance. All levels. Ages 13–15 must be accompanied by an adult.

STRONG MOMS
Strong Moms is a stroller-based fitness program designed for moms with little ones. Each session is a total body workout which will incorporate power walking, strength, toning, flexibility and balance. All levels. Ages 13–15 must be accompanied by an adult.

TAIBA: MOVING FOR BETTER BALANCE
Taichi is endorsed by the Centers for Disease Control and Prevention as an effective intervention for preventing falls. Evidence based and community translated, Tai Chi has also been evaluated in the community setting, senior facilities and community centers. Research shows a decrease in falls of up to 55% of participants. It is a program that can be done standing, sitting or assisted. Ages 13–15 must be accompanied by an adult.

TOTAL BODY CONDITIONING
A workout designed to tone and define the body while strengthening the major muscles. Core training included. All levels. Ages 13–15 must be accompanied by an adult.

TURBO KICK
Turbo Kick LIVE is the ultimate cardio-kickboxing party. With boxing, kickboxing, and martial arts movements choreographed to the hottest music mixes, participants get lean and toned through continuous aerobic movement and anaerobic intervals—and have a blast doing it! It’s high-intensity, fast-paced, and totally addicting! All Fitness Levels. Ages 13–15 must be accompanied by an adult.

VINYASA YOGA
Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. This style of yoga encourages you to find your “flow” by listening to your breath and using your own personal abilities while exploring the different asanas (poses). It effectively promote overall health, strength, flexibility, balance, lower stress, increased focus and concentration, and better sleep. If you like to focus on the power of breathing and flowing movement through poses, this class is for you! All levels. Ages 13–15 must be accompanied by an adult.

WATER POLO SKILLS CLINIC
Swimmers will learn basic fundamental water polo skills through drills and workouts. Instructor may run game scrimmages with participants. Swimmers must be able to swim 200 yards continuously.

YOGA BASICS
Beginner yoga class with slower pace, basic yoga postures and breathing techniques. Students learn correct alignment and breathing in the yoga postures. This class is suitable for all levels. Ages 13–15 must be accompanied by an adult.

YOGA FOUNDATIONS
Learn the fundamentals of strength, conditioning, and breathing in a yoga practice as we develop the body for a life-long practice where we will discuss and practice how to care for and help protect the body from injury to age gracefully and be stronger than it has ever been before.
CLASS DESCRIPTIONS

YOGA RECOVERY
Align your joints and muscles in this gentle recovery class. A hybrid of yoga stretches along with fascia rolling to enhance the healing of our connective tissues. Yoga Recovery will help you with rejuvenation and relaxation, increase circulation and mobility! Stretches and rolling are known to improve posture and the performance of daily activities.

ZUMBA
It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning total body dance based workout. It is a great mix of Latin flavor and international beats designed to tone your body from head to toe. Ages 13–15 must be accompanied by an adult.

ZUMBA GOLD
Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements Zumba Fitness-Party is known for: the zesty Latin music; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. All levels. Ages 13–15 must be accompanied by an adult.

AQUATIC GROUP EX CLASS SCHEDULE

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<tr>
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<td>EXERCISE/WATER WALKING (Adults 18+) 8–10am, 6–7pm</td>
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