




WINTER BREAK CLASS & FACILITY SCHEDULE

Try something new or just keep up with your workouts over the holidays!


December 23rd – 29th 2024

Monday, Dec 23 rd 5am – 9pm	Tuesday, Dec 24 th 5am – 1pm	Wednesday, Dec 25 th Closed	Thursday, Dec 26 th 5am – 9pm	Friday, Dec 27 th 5am – 9pm	Saturday, Dec 28 th 6am – 5pm	Sunday, Dec. 29 th 8am – 4pm
AM 5:15am BODY PUMP® w/Katie in Studio C 			PM 5:30pm BODY COMBAT® w/David in Studio C	AM 9am WERQ® w/Crystal in Studio C 10am BUTTS & GUTS w/Crystal in Studio C PM 5:45pm BODY PUMP® w/Katie in Studio C	AM 8am Y STRETCH w/Katie in Studio C 9am WERQ w/Katie in Studio C 10am SPINERGY w/Tenille in Cycle Studio	

Pool Hours & Classes

Lap: 5am–8pm Warm: 7am–12pm / 4–7pm	Lap: 5am–12:30pm Warm: 7am–12pm	Closed	Lap: 5am–8pm Warm: 7am–12pm / 4–7pm	Lap: 5am–8pm Warm: 7am–12pm / 4–7pm	Lap: 6am–4:30pm Warm: 9am– 4:30pm	Lap: 8am–3:30pm Warm: 8am– 3:30pm
AM 7–9:30am ITA SWIM TEAM Lap Pool, Lanes 2–5 8:15 & 9:15am GENTLE WAVES w/ Jeanne in Warm Pool 9:30am SILVER SPLASH w/Rita in Lap Pool	AM 9:30–11:30am ITA SWIM TEAM Lap Pool, Lanes 4–7		AM 8:15am DEEP WATER AEROBICS w/Mary in Lap Pool 9:30am AQUA PI-YO-CHI w/Rita in Warm Pool 9:30–11:30am ITA SWIM TEAM Lap Pool, Lanes 4–7	AM 7–9:30am ITA SWIM TEAM Lap Pool, Lanes 2–5 8:15 & 9:15am GENTLE WAVES w/ Jeanne in Warm Pool 9:30am SILVER SPLASH w/Rita in Lap Pool	AM 7:30–9am ITA SWIM TEAM Lap Pool, Lanes 5–7	

December 30th 2024 – January 5th 2025

Monday, Dec 30 th 5am – 9pm	Tuesday, Dec 31 st 5am – 1pm	Wednesday, Jan 1 st 7am – 1pm	Thursday, Jan 2 nd 5am – 9pm	Friday, Jan 3 rd 5am – 9pm	Saturday, Jan 4 th 6am – 5pm	Sunday, Jan 5 th 8am – 4pm
AM 5:15am BODY PUMP® w/Katie in Studio C PM 5pm BUTTS & GUTS w/Tenille in Studio C 5:30pm TURN UP w/Tenille in Studio C			AM 10am TURN UP w/Tenille in Studio C 11am BUTTS & GUTS w/Tenille in Studio C	AM 9am WERQ® w/Crystal in Studio C 10am BUTTS & GUTS w/Crystal in Studio C PM 5:45pm BODY PUMP® w/Katie in Studio C	AM 8am Y STRETCH w/Katie in Studio C 9am WERQ w/Katie in Studio C 10am SPINERGY w/Tenille in Cycle Studio	AM 8:30am BODY PUMP® w/Kay in Studio C 9:45am SPINERGY w/Kay in Cycle Studio

Pool Hours & Classes

Lap: 5am–8pm Warm: 7am–12pm / 4–7pm	Lap: 5am–12:30pm Warm: 7am–12pm	Lap: 7am–12:30pm Warm: 7am–12pm	Lap: 5am–8pm Warm: 7am–12pm / 4–7pm	Lap: 5am–8pm Warm: 7am–12pm / 4–7pm	Lap: 6am–4:30pm Warm: 9am– 4:30pm	Lap: 8am–3:30pm Warm: 8am– 3:30pm
AM 7–9:30am ITA SWIM TEAM Lap Pool, Lanes 2–5 8:15 & 9:15am GENTLE WAVES w/ Jeanne in Warm Pool 9:30am SILVER SPLASH w/Rita in Lap Pool	AM 9:30–11:30am ITA SWIM TEAM Lap Pool, Lanes 4–7	AM 7–9:30am ITA SWIM TEAM Lap Pool, Lanes 2–5	AM 8:15am DEEP WATER AEROBICS w/Mary in Lap Pool 9:30am AQUA PI-YO-CHI w/Rita in Warm Pool 9:30–11:30am ITA SWIM TEAM Lap Pool, Lanes 4–7	AM 7–9:30am ITA SWIM TEAM Lap Pool, Lanes 2–5 8:15 & 9:15am GENTLE WAVES w/ Jeanne in Warm Pool 9:30am SILVER SPLASH w/Rita in Lap Pool		

**WINTER 2025 SESSION
BEGINS MONDAY,
JANUARY 6TH**