

Wednesday, January 1, 2020

Gym	7 am to 2 pm	Court 1, pickleball
Gym	7 am to 2 pm	Court 2, youth open gym
Gym	7 am to 2 pm	Court 3, high school and up open gym
Gym	7 am to 2 pm	Court 4, volleyball
Track	7 am to 2 pm	Track open use
Fitness	7 am to 2 pm	Fitness Center
Fitness	7 am to 2 pm	Studio A, open for use
Pool	7 am to 11 am	Adult Lap Swim, lap pool and dive well
Pool	9 am to 11 pm	Adult Swim, wellness pool
Pool	11 am to 2 pm	Adult Swim, half wellness pool
Pool	11 am to 2 pm	Family Open Swim, half wellness pool, 3 lanes lap pool, dive well, family activity pool

Thursday, January 2, 2020

Gym	5:30 am to 10 pm	Court 1, pickleball
Gym	5:30 am to 10 pm	Court 2, youth open gym
Gym	5:30 am to 10 pm	Court 3, high school and up open gym
Gym	5:30 am to 10 pm	Court 4, volleyball
Track	5:30 am to 10 pm	Track open use
Fitness	5:30 am to 10 pm	Fitness Center
Fitness	6 am to 7 pm	ARC a Diem, Studio A
Fitness	8 to 9 am	ARC a Diem, Studio A
Fitness	9 am to 10 am	Moves that Grove, Studio B
Fitness	10:30 am to 11 am	Les Mills Core, Studio B
Fitness	12 noon to 12:45 am	Body Thrive Boot Camp, Studio B
Fitness	5 to 6 pm	ARC a Diem, Studio A
Fitness	5:30 to 6:30 pm	Total Body, Studio B
Fitness	7 pm to 8 pm	WERQ, Studio B
Fitness	when not used by class	Studio A, open for use
	TBD	Meet the Trainers, Studio A
Pool	5:30 am to 9:40 am	Adult Lap Swim, lap pool and dive well
Pool	9 am to 9:30 am	Ai Chi, wellness pool
Pool	9:30 am to 11 am	Adult Swim, wellness pool
Pool	9:40 am to 10:50 am	Adult Lap Swim, 2 lanes in lap pool and dive well
Pool	9:50 am to 10:50 am	Shallow Water Exercise, lap pool
Pool	11 am to 6 pm	Family Open Swim, half wellness pool, 3 lanes lap pool, dive well, family activity pool
Pool	11 am to 6 pm	Lap Swim, 3 lanes lap pool
Pool	6pm to 10 pm	Adult Lap Swim, lap pool and dive well

Friday, January 3, 2020

Gym	5:30 am to 10 pm	Court 1, pickleball
Gym	5:30 am to 10 pm	Court 2, youth open gym
Gym	5:30 am to 10 pm	Court 3, high school and up open gym
Gym	5:30 am to 10 pm	Court 4, volleyball
Track	5:30 am to 10 pm	Track open use
Fitness	5:30 am to 10 pm	Fitness Center
Fitness	6 am to 7 pm	ARC a Diem, Studio A
Fitness	8 to 9 am	ARC a Diem, Studio A
Fitness	9:15 am to 10 am	Tabata Challenge, Studio B
Fitness	12 noon to 1 pm	Strength and Balance Yoga, Studio B
Fitness	4 pm to 5 pm	ARC a Diem, Studio A
Fitness	5:15 to 6 pm	Body Thrive Boot Camp, Studio B
Fitness	when not used by class	Studio A, open for use
	TBD	Meet the Trainers, Studio A
Pool	5:30 am to 6:30 am	Adult Lap Swim, lap pool and dive well
Pool	6:30 am to 7:45 am	Adult Lap Swim, lap pool
Pool	6:45 am to 7:45 am	Deep Water Exercise, dive well
Pool	7:45 am to 9:40 am	Adult Lap Swim, lap pool and dive well
Pool	9 am to 11 am	Adult Swim, wellness pool
Pool	9:40 am to 10:50 am	Adult Lap Swim, 2 lanes in lap pool and dive well
Pool	9:50 am to 10:50 am	Shallow Water Exercise, lap pool
		Family Open Swim, half wellness pool, 3 lanes lap pool, dive well, family activity pool
Pool	11 am to 6 pm	Adult Swim, half wellness pool
Pool	11 am to 6 pm	Lap Swim, 3 lanes lap pool
Pool	6pm to 10 pm	Adult Lap Swim, lap pool and dive well
Pool	11 am to 10 pm	Adult Lap Swim, lap pool and dive well

Saturday, January 4, 2020

Gym	6 am to 9 pm	Court 1, pickleball
Gym	6 am to 9 pm	Court 2, youth open gym
Gym	6 am to 9 pm	Court 3, high school and up open gym
Gym	6 am to 9 pm	Court 4, volleyball
Track	6 am to 9 pm	Track open use
Fitness	6 am to 9 pm	Fitness Center
Fitness	9 am to 10 am	WERQ, Studio B
Fitness	10:15 to 11:15 am	Total Body, Studio B
Fitness	11:30 to 12:30 pm	ARC a Diem, Studio A
Fitness	when not used by class	Studio A, open for use
	TBD	Meet the Trainers, Studio A

Pool	6 am to 8:45 am	Adult Lap Swim, lap pool
Pool	6:30 am to 7:30 am	Deep Water Exercise, dive well
Pool	7:45 am to 8:45 am	Deep Water Exercise, dive well
Pool	8:45 am to 1 pm	Adult Lap Swim, lap pool, dive well, wellness pool
Pool	1 pm to 6 pm	Family Open Swim, all pools
Pool	1 pm to 6 pm	Lap Swim, lap pool 2 lanes
Pool	6 pm to 9 pm	Adult Lap Swim, lap pool and dive well

Sunday, January 5, 2020

Gym	6 am to 9 pm	Court 1, pickleball
Gym	6 am to 9 pm	Court 2, youth open gym
Gym	6 am to 9 pm	Court 3, high school and up open gym
Gym	6 am to 9 pm	Court 4, volleyball
Gym	6 am to 9 pm	Open volleyball, courts 3, 4
Track	6 am to 9 pm	Track open use
Fitness	6 am to 9 pm	Fitness Center
Fitness	6 am to 9 pm	Studio A, open for use
Fitness	11:15 am to 12:15 pm	Strength & Balance Yoga, Studio B
Fitness	6 am to 9 pm	Studio A, open for use
	TBD	Meet the Trainers, Studio A
Pool	6 am to 1 pm	Adult Lap Swim, lap pool, dive well, wellness pool
Pool	1 pm to 6 pm	Family Open Swim, all pools
Pool	1 pm to 6 pm	Lap Swim, lap pool 2 lanes
Pool	6 pm to 9 pm	Adult Lap Swim, lap pool and dive well