



MAY 2021

Getting Better Every Day!

Aquatics Calendar

Contact fitness staff at 256-329-7623/7624

Instructors for aquatic classes: C-Cara Tidwell; A-Amy Jones;
 KK-Karen Kison; B-Barbara Dexter; D-Deon Maxwell; JM-Jared Mercer

OPEN SWIM TIMES:

M-F 6am-8am

M-F 12pm-2pm

M-F 4pm-5:45pm

| | <u>Mon.</u> | <u>Tues.</u> | <u>Wed.</u> | <u>Thurs.</u> | <u>Fri.</u> |
|-----------|--|---|---|--|--|
| MAY 3-7 | 9:00 Synergy Seniors-B 11:00 Bootcamp-JM 2:00 Strong Bones-D | 11:00 Aqua BootCamp Circuit-JM 5:15 Strength&Cond-D | 9:00 Synergy Seniors- JM 2:00 Arthritis-A | 9:00 Synergy Seniors-B 11:00 Intense Aquatics-C 5:15 Aqua Fit-JM | 11:00 Strength&Cond-D 2:00 Strong Bones-JM |
| MAY 10-14 | 9:00 Synergy Seniors-B 11:00 Aqua Bootcamp Circuit-A 2:00 Arthritis-C | 11:00 Strength&Cond-JM 5:15 Aqua Fit-D | 9:00 Synergy Seniors-B 2:00 Strong Bones-D | 9:00 Synergy Seniors-B 11:00 NoodleBlast-D 5:15 NoodleBlast-KK | 11:00 Aqua Zumba-A 2:00 Strong Bones-JM |
| MAY 17-21 | 9:00 Synergy Seniors-B 11:00 NoodleBlast-D 2:00 Arthritis-C | 11:00 Aqua BootCamp Circuit-A 5:15 Strength&Cond-D | 9:00 Synergy Seniors-B 2:00 Strong Bones-D | 9:00 Synergy Seniors-B 11:00 Intense Aquatics-C 5:15 Aqua Fit-KK | 11:00 Aqua BootCamp Circuit-JM 2:00 Strong Bones-D |
| MAY 24-28 | 9:00 Synergy Seniors-B 11:00 Aqua Zumba-C 2:00 Strong Bones- JM | 11:00 Strength&Cond-A 5:15 Aqua Fit-D | 9:00 Synergy Seniors-B 2:00 Strong Bones-B | 9:00 Synergy Seniors-B 11:00Aqua Bootcamp Circuit-D 5:15 Strength & Cond-JM | 11:00 Intense Aquatics-JM 2:00 Strong Bones-D |
| MAY 31 | CLOSED HAPPY MEMORIAL DAY!! | | | | |

Class descriptions on back of calendar

All classes subject to change each month

Instructors will modify content of class if only 1 participant attends. A more personalized environment will be presented, including utilization of equipment, performing core exercises, and educating member on any specific fitness inquiries they may have.