

FITNESS | WATER FITNESS | LAP SWIM *at a glance*

JANUARY 1 - MARCH 31, 2023

SPRING SCHEDULE COMING SOON

MON	TUE	WED	THU	FRI	SAT	SUN
ADULT LAP SWIM 5:15- 8:00 am	ADULT LAP SWIM 5:15- 6:55 am	ADULT LAP SWIM 5:15- 8:00 am	ADULT LAP SWIM 5:15- 6:55 am	ADULT LAP SWIM 5:15- 6:55 am		
SCULPT 6:00- 6:45 am	HIP HOP SPIN 6:00- 6:45 am	POWER FLOW 6:00- 6:45 am	SCULPT 6:00- 6:45 am	POWER FLOW 6:00- 6:45 am		
	JUST THE GUYS IP 7:00- 8:00 am FREE! in January		JUST THE GUYS IP 7:00- 8:00 am	JUST THE GUYS IP 7:00- 8:00 am	ADULT LAP SWIM 7:00- 9:00 am 1/7 - 3/25	ADULT LAP SWIM 7:00- 9:00 am 1/8 - 3/26
FIT HAPPENS A.M. IP 8:30- 9:30 am		FIT HAPPENS A.M. IP 8:30- 9:30 am FREE! in February		FIT HAPPENS A.M. IP 8:30- 9:30 am		
BUFF BONES 9:00- 10:00 am	SLOW FLOW 9:00- 10:15 am	BUFF BONES 9:00- 10:00 am	SLOW FLOW 9:00- 10:15 am			
FOR THE LOVE OF FIT IP 9:45- 10:45 am		FOR THE LOVE OF FIT IP 9:45- 10:45 am	FREE! ACTIVE ADULT EXERCISE CLASS 9:00- 10:00 am	FOR THE LOVE OF FIT IP 9:45- 10:45 am		
POST THERAPY FITNESS 10:15- 11:00 am		POST THERAPY FITNESS 10:15- 11:00 am				
ADULT LAP SWIM 11:00 am- 1:00 pm	ADULT LAP SWIM 11:00 am- 1:00 pm	ADULT LAP SWIM 11:00 am- 1:00 pm	ADULT LAP SWIM 11:00 am- 1:00 pm	ADULT LAP SWIM 11:00 am- 1:00 pm		
	PARKINSON'S STRONG 11:00 am- Noon		PARKINSON'S STRONG 11:00 am- Noon			
					PUBLIC/OPEN SWIM 12:30- 2:30 pm 1/7 - 3/25	PUBLIC/OPEN SWIM 12:30- 2:30 pm 1/8 - 3/26
MIDDLE SCHOOL SUMMIT [BOYS] 3:30- 4:30 pm <i>held at GFAC Feb 13 - 23 only</i>	MIDDLE SCHOOL SUMMIT [BOYS] 3:30- 4:30 pm <i>held at GFAC</i>		MIDDLE SCHOOL SUMMIT [BOYS] 3:30- 4:30 pm <i>held at GFAC</i>			
GATORS SWIM TEAM [OPEN TRAINING] NEW! 3:45- 4:45 pm <i>Jan 30 - Mar 13 only</i>			GATORS SWIM TEAM [OPEN TRAINING] NEW! 3:45- 4:45 pm <i>Feb 2 - Mar 16 only</i>			
ADULT SUMMIT 5:00- 6:00 pm	ADULT SMART START 5:00- 6:00 pm	ADULT SUMMIT 5:00- 6:00 pm <i>held at GFAC</i>	ADULT SMART START 5:00- 6:00 pm	ADULT SUMMIT 4:00- 5:00 pm <i>held at GFAC</i>		
FIT HAPPENS P.M. IP 5:30- 6:30 pm			FIT HAPPENS P.M. IP 5:30- 6:30 pm FREE! in March			
H.I.I.T. NEW! 6:00- 7:00 pm		H.I.I.T. NEW! 6:00- 7:00 pm	MIDDLE SCHOOL FITNESS ACCESS 6:00- 7:00 pm	PUBLIC/OPEN SWIM 6:00- 8:00 pm 1/6 - 3/31		
FAMILY/LAP SWIM 7:00- 8:00 pm	FAMILY/LAP SWIM 7:00- 8:00 pm	FAMILY/LAP SWIM 7:00- 8:00 pm	FAMILY/LAP SWIM 7:00- 8:00 pm			

ADULT LAP SWIM

Included in Community Center or Park District Membership, Non-Members pay daily admission fee of \$8 Adult or \$7 Senior/Youth. 2 lanes reserved for Lap Swimmers, 2 lanes reserved for water exercise. Lanes adjusted based on intended usage.

FAMILY/OPEN SWIM

Included in Community Center or Park District Membership, Non-Members pay daily admission fee of \$8 Adult or \$7 Senior/Youth. 2 lanes reserved for Lap Swimmers, 2 lanes reserved for Family Swim

IP

Water Fitness Class held at the Community Center Indoor Pool. *Registration or walk-in fee required to attend.*

A **FREE** Water Fitness Class is offered each month. [LEARN MORE >](#)

INTERESTED LAP SWIMMERS UNDER 18 MUST GET PERMISSION TO ATTEND ADULT LAP SWIM. CONTACT NATHANIEL AT (309) 944-5695.

