

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

APRIL 1 - MAY 31, 2023

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		
HIP HOP SPIN 6:00- 6:45 am	SCULPT 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 May		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 4/1 - 5/27	ADULT LAP SWIM 7:00- 9:00 am 4/2 - 5/28
FIT HAPPENS A.M. IP 8:30- 9:30 am		FIT HAPPENS A.M. IP 8:30- 9:30 am		FIT HAPPENS A.M. IP 8:30- 9:30 am		
PILATES 9:00- 10:00 am	SLOW FLOW 9:00- 10:15 am	PILATES 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 FREE! in April		
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			
	POST THERAPY AQUATIC FITNESS 1:15- 2:00 pm		POST THERAPY AQUATIC FITNESS 1:15- 2:00 pm		PUBLIC/OPEN SWIM 12:30- 2:30 pm 4/1 - 5/13	PUBLIC/OPEN SWIM 12:30- 2:30 pm 4/2 - 5/14
	YOUTH SUMMIT [BOYS & GIRLS HS] 3:30- 4:30 pm <i>held at GFAC</i>		YOUTH SUMMIT [BOYS & GIRLS HS] 3:30- 4:30 pm <i>held at GFAC</i>			
GATORS SWIM TEAM 3:45- 5:00 pm	GATORS SWIM TEAM 3:45- 5:00 pm	GATORS SWIM TEAM 3:45- 5:00 pm	GATORS SWIM TEAM 3:45- 5:00 pm	GATORS SWIM TEAM 3:45- 5:00 pm		
ADULT SUMMIT 5:00- 6:00 pm <i>held at GFAC</i>		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			
H.I.I.T. 6:00- 7:00 pm		H.I.I.T. 6:00- 7:00 pm	MIDDLE SCHOOL FITNESS ACCESS 6:00- 7:00 pm	PUBLIC/OPEN SWIM 6:00- 8:00 pm 4/7 - 5/12		
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 ON PAGE 19 >](#)

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

