

Facility Schedule

Sep 13 – Dec 19, 2021

PUBLIC SWIM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Length Swim, Steam, Sauna, Swirl	6am-10pm 1 lane or more available dependent on available space					7am-9pm	8am-9pm
Water Walking Lane	M-F - 6-9am & 8:15-10pm - 1 lane designated for water walking						
Public Swim	6am-10pm					7am-9pm	8am-9pm
All children under the age of 7 must be within arm's reach of an adult (16yrs+) at all times. (1 adult to a maximum of 3 children) Diving Boards, Mat Walk and Rope Drop are open during peak times; programs & other activities permitting.							
AQUA FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am	Power Deep	Power Deep		Power Deep	Power Deep		
9:30am	Tidal Toner	Tidal Toner	Tidal Toner	Tidal Toner	Tidal Toner		
12:00pm			*Forever Fit				
7:30pm		Tidal Toner		Tidal Toner			
LAND FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Step Combo		Step Combo				
7:00am		Yoga		Yoga			
9:15am	Step Cardio Cycle Fit	Muscle Max	Step Combo Cycle Fit	Muscle Max	*HIIT Cycle & Strength	Muscle Max Cycle Fit	Step Cardio Cycle Fit
10:30am	Low Impact		Fit & Active		Yoga	@Zumba Gold	Yoga
12:15pm		*HIIT		*Cycle Fit	Reg. Pilates		
5:30pm	*Cycle Fit	Step Combo	*HIIT	Muscle Max	*HIIT		
6:30pm	Boot Camp	Cycle & Strength	Yoga	Boot Camp			
* 45 Minute Modified Schedule October 11 & November 11							
WEIGHT ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weight Room	6am-10pm					7am-9pm	8am-9pm
Attendant	Weight room attendant available during majority of weight room hours.						
Cycle Fit	Cycle Fit is allocated 30 minutes prior to class – first come, first serve basis						
View Arena Weekly Public Skate Schedule							

May I see some ID, Please? It is necessary to show your Facility Admission Card each time you use the facility if you are over 7 years of age and want to access drop-in programs. The card will help us remember your name and keep our facility safe. The cards are issued at our Customer Service Offices.
Schedules are subject to change without notice.