

AUGUST 2019 CVPH Wellness & Fitness Center Schedule

LOWER Intensity **MODERATE** Intensity **HIGHER** Intensity

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM			Boot Camp Greg - Gym		Boot Camp Katie - Gym		
7:00 AM	Spin & Stretch Rachel - Gym		Pickleball Free Play 7:00-9:00am		Pickleball Free Play 7:00-9:00am		
7:45 AM 8:00 AM	<i>7:45am</i> Yoga Ginny - Studio	<i>8:00am</i> Yoga Gretchen - Studio	NEW CLASS! HIIT the Step (45min) Henry - Studio	<i>8:00am</i> Yoga Gretchen - Studio		Pick-Up Basketball 7:30-8:45am	Pick-Up Basketball 8-11am
9:00 AM	Strong Bones Cari - Gym	Functional Fitness (45min - Chair Exercises) <i>9:15am</i> Kara - Studio HIIT the Step (45min) <i>9:15am</i> Katie - Gym	Strong Bones Greg - Gym	Functional Fitness (45min - Chair Exercises) <i>9:15am</i> Becky - Studio HIIT the Step (45min) <i>9:15am</i> Katie - Gym	Strong Bones Mark - Gym	Spin & Tone Megan-Gym	
10:00AM	Next Steps PAID PROGRAM	Next Steps PAID PROGRAM	Next Steps PAID PROGRAM	Next Steps PAID PROGRAM	Zumba Alexis - Studio	Yoga Rita - Studio	
	Tai Chi PAID PROGRAM July 15 - Sept. 9 Joan - Studio	Pickleball Free Play 11:00-2:00pm - Gym	Barre Strength & Stretch Victoria - Studio	Pickleball Free Play 11:00-2:00pm - Gym Tai Chi PAID PROGRAM July 15 - Sept. 9 Joan - Studio			
1:00 PM	Total Body Fit Oisin- Gym	Next Steps PAID PROGRAM	Total Body Fit Cari - Gym Healthy Steps -Studio	Next Steps PAID PROGRAM	Total Body Fit Greg-Gym	Pickleball Saturday 1:00 -	in the Gym & Sunday 3:00pm
2:00 PM	Pickleball Free Play 2:00-3:00pm - Gym		Pickleball Free Play 2:00-4:00pm - Gym		Pickleball Free Play 2:00-4:00pm - Gym		
4:30 PM	Yoga Rita - Studio	Cardio Flow (45min) Henry - Studio	Next Steps PAID PROGRAM		Next Steps PAID PROGRAM		
4:45 PM	NEW TIME! Step & Tone (45min) Christiana - Gym		NEW TIME! Butts & Guts (45min) Christiana - Studio	NEW TIME! Spinning (45min) Christiana - Studio			
5:30 PM	Cardio Circuit & Strength Mark - Gym	Yoga Todd - Studio	POUND® Alison - Studio	Step & Low Cardio/step/low-impact Henry - Studio	Interval Training Camp Greg - Gym		
		Spin & Sculpt Kelly - Gym	Interval Training Camp Mark - Gym	Partner Cardio Kickboxing PAID PROGRAM July 16 - Aug. 22 Oisin - Gym			
		Partner Cardio Kickboxing PAID PROGRAM July 16 - Aug. 22 Oisin - Gym					
6:30 PM		Karate - PAID PROGRAM 6:30-8:00pm - Gym (Hoops not available)	Pick-Up Basketball 6:45 - 8:45pm - Gym	Karate - PAID PROGRAM 6:30-8:00pm - Gym (Hoops not available)	Pickleball Free Play 7:00-9:00pm - Gym		

AUGUST 2019 CVPH Wellness & Fitness Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		Aqua Combat (30 min) Henry		Aqua Combat (30 min) Henry			
8:00AM 8:30AM	Pre-Team – 1 lane PAID PROGRAM 7/8 – 8/14 8:00-9:00am		Pre-Team – 1 lane PAID PROGRAM 7/8 – 8/14 8:00-9:00am			Aqua Aerobics 8:30am - Henry	
10:00 AM	Aqua Aerobics Lizzie	Aqua Aerobics Instructor Rotation	Deep Aqua Aerobics 10:15am - Oisin	Aqua Aerobics Instructor Rotation	Power WAVE (45min) 10:15am - Katie		
4:00 PM 5:00 PM	Learn to Swim – 1 lane PAID PROGRAM 7/8 – 8/28 4:00-6:00pm	Parent & Child PAID PROGRAM 7/9 – 8/13 5:00-6:30pm	Learn to Swim – 1 lane PAID PROGRAM 7/8 – 8/28 4:00-6:00pm		Preschool Aquatics PAID PROGRAM 7/12-8/16 5:00-6:30PM	Scuba RENTAL 8/10 2:00-5:00pm	Scuba RENTAL 8/11 2:00-5:00pm
5:30 PM	Aqua Aerobics (Mary)		Deep Aqua Aerobics (Bridgette)	Aqua Aerobics (Bridgette)			

3:30-5:30pm on weekdays a 4th lane may be put in, providing 2 lanes for private lessons or programs, 2 lanes for lap swim, 2 lanes for exercise

AUGUST INFORMATION / EVENTS / RENTALS

NEXT STEPS EXERCISE PROGRAM SPECIAL: Open to the community. Choose from one of ten specialized programs designed to support your health and fitness goals. With the supervision on our degreed and certified fitness specialists, our individualized Next Steps Fitness Programs are designed for you. Enroll in any program for just \$74! (Regularly \$99).

3 DAY GUEST PASS: Guests may activate a 3 day pass to the Center. Passes must be activated during August 1 – 15. Pass must be used only during the month of August. For first time visitors and current area residents only. Guest must be at least 18 years old.

NEW CLASS: HIIT the Step (45min) with Henry on Wednesdays at 8:00am in the Studio.

CLASS TIME CHANGES: Step & Tone on Mondays, Butts & Guts on Wednesdays, and Spinning on Thursdays will all move to 4:45pm as 45min classes.

DISCONTINUED CLASSES: Piloga on Mondays with Kelly at 5:30pm

KARATE SUMMER SESSION: Tuesdays & Thursdays from 6:30-8:00 pm (ages 7+). Beginner classes will consist of traditional Japanese-style karate, jiu-jitsu, kendo as well as self-defense techniques. Cost per Session: \$40. Register at the Front Desk. Summer Session #3: August 6 - 22

PRE-TEAM: Uses one lap lane. July 8 – Aug. 14. Mondays & Wednesdays 8:00-9:00am. Cost: \$110

PARENT & CHILD SWIM: Uses shallow open area of pool. July 9 – Aug. 13. Tuesdays 5:00-6:30pm. Cost: \$50

PRESCHOOL AQUATICS: Uses shallow open area of pool. July 12 – Aug. 16. Tuesdays 5:00-6:30pm. Cost: \$50

LEARN TO SWIM: Uses one lap lane. July 8 – Aug. 28. Mondays & Wednesdays 4:00-6:00pm

SCUBA RENTALS: Scuba will rent half of the pool on Sat. 8/10 and Sun. 8/11 from 2:00-5:00pm. There will only be one lap lane available and 2 lanes of open exercise area available during these times.

Center Hours

Monday – Friday 5:00AM - 9:00PM
Saturday / Sunday 7:00AM-6:00PM

Pool Hours

Monday-Thursday 5:30AM-8:45PM
Friday 5:30AM – 7:00PM
Saturday / Sunday 7:00AM-5:45PM