

SEPTEMBER 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! <i>8:00 - 9:15am</i> Yoga Todd - 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	
10:00 AM	Next Steps PAID PROGRAM Tai Chi PAID PROGRAM Joan - Studio 9/23 - 11/14	Next Steps PAID PROGRAM	Next Steps PAID PROGRAM Barre Strength & Stretch Victoria - Studio	Next Steps PAID PROGRAM Tai Chi PAID PROGRAM Joan - Studio 9/23 - 11/14	Zumba Alexis - Studio	Yoga Rita - Studio	CVPH Joint Care Walk 11:30-2:30pm on Sept. 22 nd
11:00 AM		Pickleball Free Play 11:00-2:00pm - Gym		Pickleball Free Play 11:00-2:00pm - Gym			
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	NEW CLASS! Pilates Kelly - Studio	Cardio Flow (45min) Henry - Studio	Next Steps PAID PROGRAM	NEW CLASS! HIIT the Step (45min) Henry - Studio	Next Steps PAID PROGRAM		
4:45 PM	Step & Tone (45min) Christiana - Gym		Butts & Guts (45min) Christiana - Studio				
5:30 PM	NEW CLASS! Power Circuit (45min) Mark - Gym NEW CLASS! BarreFlow (45min) Kathy - Studio	Yoga Todd - Studio Spin & Sculpt Kelly - Gym	POUND® Alison - Studio Interval Training Camp Mark - Gym	NEW TIME! Spinning (45min) Christiana - Studio	Interval Training Camp Greg - 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		

SEPTEMBER 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			
8:30 AM						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		
2:00 PM	Adult Swim Clinic PAID PROGRAM 9/16 – 10/21 Bunny – 2:00-3:00pm						
4:00 PM	Learn to Swim – 1 lane PAID PROGRAM 9/16 – 11/6 4:00 - 6:00pm	Pre-Team – 2 lanes PAID PROGRAM 9/17 – 11/7 4:00-5:00pm	Learn to Swim – 1 lane PAID PROGRAM 9/16 – 11/6 4:00 - 6:00pm	Pre-Team – 2 lanes PAID PROGRAM 9/17 – 11/7 4:00-5:00pm		Scuba RENTAL 9/14 2:00-5:00pm	Scuba RENTAL 9/15 2:00-5:00pm
5:00 PM		Parent & Child PAID PROGRAM 9/10 – 10/15 5:00-6:30pm					
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

SEPTEMBER INFORMATION / EVENTS / RENTALS

CENTER IS CLOSED ON LABOR DAY – MONDAY, SEPTEMBER 2ND

NEW MEMBER SPECIAL: WE'RE FALLING FOR YOU! Turn over a new leaf at CVPH Wellness & Fitness Center. September 1 - 14, we are offering new members \$50* enrollment.

NEW CLASS: Pilates on Mondays at 4:30pm in the Studio with Kelly. Power Circuit (45min) on Mondays at 5:30pm in the Gym with Mark. BarreFlow (45min) on Mondays at 5:30pm in the Studio with Kathy. Yoga on Wednesdays at 8:00am in the Studio with Todd. HIIT the Step (45min) on Thursdays at 4:30pm in the Studio with Henry.

CLASS TIME CHANGES: Spinning (45min) on Thursdays with Christiana will move to 5:30-6:15pm in the Studio.

DISCONTINUED CLASSES: Yoga on Mondays at 4:30pm. Cardio Circuit & Strength on Mondays at 5:30pm. HIIT the Step (45min) on Wednesdays at 8:00am. Step and Low on Thursdays at 5:30pm.

TAI CHI PROGRAM: Paid Program. 8 weeks. Mon/Thurs 10:00 – 11:00am in the Studio with Joan. September 23rd – November 14th. Cost: \$90

KARATE PROGRAM: Paid Program. 8 weeks. Tues/Thurs 6:30 – 8:00pm in the Gym. September 17th - November 7th. Cost \$90

ADULT SWIM CLINIC: Paid Program. 5 weeks. Mondays 2:00 – 3:00pm. Sept 16th – Oct 21st. No class on Sept. 30th. Instructor: Bunny. Cost: \$50

PRE-TEAM: Uses two lap lanes. Tues/Thurs 4:00 – 5:00pm. September 17th – November 7th. Cost: \$150

PARENT & CHILD SWIM: Uses shallow open area of pool. Tuesdays 5:00 – 6:30pm. September 10th – October 15th. Cost: \$50

LEARN TO SWIM: Uses one lap lane. September 16th – November 6th. Mondays and Wednesdays 4:00 – 6:00pm. Cost: \$150

SCUBA RENTALS: Scuba will rent half of the pool on Sat. 9/14 and Sun. 9/15 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