

# MAFC CLASS SCHEDULES

## Pool Classes

Monday/Wednesday			Tuesday/Thursday		
Time	Class	Instructor	Time	Class	Instructor
9:15 a.m.	Aqua Fitness	Jan/Suzanne	5:00 a.m.	Tideriders Swim Team	
10:00 a.m. -11:00 a.m.	Volleyball		9:00 a.m.	Aqua Yoga (Tues. Only)	Jan
<u>6:00 p.m. – 8:30 p.m.</u>	<u>Family Swim</u>		10:15 a.m.	Aqua Blast Warriors (Thursday only)	Susan
			5:15 p.m.	Aqua Fitness	Barbara
			<u>6:00 – 8:30 p.m.</u>	<u>Family</u>	
<b>Friday</b>			<b>Saturday</b>		
5:00 a.m.	Tideriders Swim Team		10:15 a.m.	Aqua Blast Warriors	Susan
10:00 a.m. -11:00 a.m.	Volleyball		<u>1:00 – 4:30 p.m.</u>	<u>Family Swim</u>	
<u>3:30 -7:30 p.m.</u>	<u>Family Swim</u>		<b>Sunday</b>		
			2:00 p.m. – 4:30 p.m.	Family Swim	
<b>Pool Hours</b>			Kids under the age of 10 must be on a <b>Family Membership</b> or pay a <b>Swim Pass fee</b> to participate in family swim.		
M – TH 5:00 a.m. – 8:30 p.m. F – 5:00 a.m. 7:30 p.m.					
Sat. –5:00 a.m. - 4:30 p.m. Sun. – Noon - 4:30 p.m.					

## Fitness Classes

Monday/Wednesday				Tuesday/Thursday			
Time	Class	Instructor	Rm	Time	Class	Instructor	Rm
7:00 a.m.	Yoga	Alison	Y	5:30 a.m.	Bootcamp	Bob	A
8:15 a.m.	SilverSneakers Classic	Jan	A	8:00 a.m.	Beginning Yoga	Terri	Y
9:00 a.m.	Cardio Dance Party	Debora	A	9:00 a.m.	Yoga for Health	Terri	Y
9:00 a.m.	Chair Yoga	Kaylea	Y	10:00 a.m.	SilverSneakers Classic	Jan/Suzanne	A
10:00 a.m.	Yoga for Health	Debora	Y	11:45 a.m.	Seal Fit	Bob	F/A
12:30 p.m.	Beginning Yoga	Terri	Y	5:00 p.m.	Pound TM	Susan	B
4:30 p.m.	Barre Class	Barbara	B	5:30 p.m.	Shine Dance	Deanna	A
5:00 p.m.	Total Body	Laurie	A	5:30 p.m.	Body Sculpting	Susan	B
5:15 p.m.	Cycling	Barbara	B	6:45 p.m.	Cycling	Susan	B
5:30 p.m.	Stretch & Flex	Nina	Y				

  

Friday				Saturday			
Time	Class	Instructor	Rm	Time	Class	Instructor	Rm
7:00 a.m.	Yoga	Alison	Y	7:00 a.m.	Bootcamp	Bob	A
9:00 a.m.	Cardio Dance Party	Debora	A	8:30 a.m.	Shine Dance	Deanna	A
9:00 a.m.	Chair Yoga	Kaylea	Y	9:00 a.m.	Pilates Mat	Susan	Y
10:00 a.m.	Yoga for Health	Kaylea	Y				

## Fitness Center Hours

**Monday – Thursday 5:00 a.m. - 9:00 p.m.**

**Friday 5:00 a.m. – 8:00 p.m. Saturday 7:00 a.m. – 5:00 p.m. Sunday Noon – 5 p.m.**