



AQUA FITNESS SCHEDULE

Special schedules to be posted November 24-27, December 24-January 2 due to holiday schedules.

Reservations are required for all classes. Reservations can be made online or at the front desk, up to 48 hours in advance. Participants can reserve a spot in the 8:30am Water Stretch, in addition to a 9, 10, or 11am class. At this time, members are not able to reserve two classes at a time between 9:00-12:00pm

THE PA COPE POOL WILL BE CLOSED 8:00-8:15AM TO SETUP THE POOL SAFELY. POOL ACCESS FOR WATER STRETCH WILL BEGIN AT 8:15AM.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:00am Water Stretch Natalie	8:30-9:00am Water Stretch Gio	8:30-9:00am Water Stretch Julie	8:30-9:00am Water Stretch Heather	8:30-9:00am Water Stretch Julie	
9:05-9:50am Pa Cope Natalie	9:05-9:50am Pa Cope Gio	9:05-9:50am Pa Cope Julie (Deep HIIT)	9:05-9:50am Pa Cope Heather	9:05-9:50am Pa Cope Julie (Deep HIIT)	
10:05-10:50am Brookside Natalie	10:05-10:50am Brookside Barbara	10:05-10:50am Brookside Julie (Zumba)	10:05-10:50am Brookside Heather	10:05-10:50am Brookside Julie (Zumba)	10:05-10:50am Brookside Barbara
11:05-11:50am Pa Cope *RYE HANDICAP Natalie		11:05-11:50am Brookside Heather	11:05-11:50am Brookside Valerie	11:05-11:50am Pa Cope *RYE HANDICAP Valerie	

***Must be a participant of the Rye Handicap group to attend**

Please make sure to arrive on time to limit class disruptions. Have all equipment setup before class. Kindly put all equipment away after class. We appreciate your help ensuring that our pool deck is clean and clear.

As a courtesy to members and instructors, we ask that you please refrain from speaking **during** classes. If you're entering the pool after class has started, kindly do so quietly. If you are not planning to participate in the actual class, please register for open swim at an alternate time.

Please inform instructor of any injuries or limitations that you may have. Please stay for the entire class to ensure proper cool down and stretch and limiting class disruptions.