

Marvin Altman Fitness Center
Pool Classes

Monday/Wednesday			Tuesday/Thursday		
Time	Class	Instructor	Time	Class	Instructor
5:00 a.m.	Pool Opens		5:00 a.m.	Pool Opens	
5:45 a.m. till 6:45	Swim Team	Michelle	5:45 a.m. till 6:45	Swim Team	Michelle
9:15 a.m.	Aqua Fitness	Jan	9:00 a.m.	Aqua Yoga	Jan
4:30 p.m. till 5:00	*MAFC Youth Cardio Swim	Isabella	3:30 p.m. till 4:30	Swim Team	Michelle
5:00 p.m. till 5:30	* MAFC Youth Cardio Swim	Isabella	4:30 p.m.	Adult Learn to Swim	Kriss
6:30 p.m. till 7:30	Swim Team	Michelle	5:15 p.m.	Aqua Fitness	Barbara
			6:30 p.m.	Swim Team	Michelle
Swim team has priority during scheduled times. Lap swimming lanes might not be available to members during these scheduled times.			Swim team has priority during scheduled times. Lap swimming lanes might not be available to members during these scheduled times.		
6:00 – 8:30 p.m.	Family Swim		6:00 – 8:30 p.m.	Family Swim	
<u>Friday</u>			<u>Saturday</u>		
5:00 a.m.	Pool Opens		7:00 a.m.	Pool Opens	
3:30 -7:30 p.m.	Family Swim		1:00 – 4:30 p.m.	Family Swim	
<u>Sunday</u>			<u>Sunday</u>		
			12:00 p.m.	Pool Opens	
			2:00 p.m. – 4:30 p.m.	Family Swim	
Pool closes 30 minutes before the fitness center closes. M – TH 8:30 P F – 7:30 P S – 4:30 P Su – 4:30 P			Kids under the age of 10 must be on a Family Membership or pay a Swim Pass fee to participate in family swim.		

Fitness Classes

Monday/Wednesday				Tuesday/Thursday			
Time	Class	Instructor	Rm	Time	Class	Instructor	Rm
5:00 a.m.	Bootcamp	Brook	B	5:30 a.m.	Bootcamp	Bob	A
7:00 a.m.	Yoga	Alison	Y	8:00 a.m.	Beginning Yoga	Terri	Y
8:15 a.m.	SilverSneakers Classic	Jan	B	9:00 a.m.	Yoga for Health	Terri	Y
9:00 a.m.	CDP	Debora	A	11:00 a.m.	Hypnotic Stress Detox (THOnly)	Willie	Y
9:00 a.m.	Chair Yoga	Kaylea	Y	11:45 a.m.	Seal Fit	Bob	F/A
10:00 a.m.	Yoga for Health	Debora	Y	4:45 p.m.	Shine Dance Fitness	Deanna	A
12:30 p.m.	Beginning Yoga	Terri	Y	5:00 p.m.	Pound TM	Susan	B
4:30 p.m.	Barre Class	CeCe	B	5:30 p.m. till 6:00	Kids Speed & Agility	Isabella	A
5:00 p.m.	Total Body	Laurie	A	5:30 p.m.	Body Sculpting	Susan	B
5:15 p.m.	Cycling	Barbara	B	5:45 p.m.	Beginning Yoga	Kaylea	Y
5:45 p.m.	Yoga	Kaylea	Y	6:00 p.m. till 6:30	Kids Speed & Agility	Isabella	A
6:00 p.m.	CDP	CeCe	A	6:45 p.m.	Cycling	Susan	B
				<p>Kids ages 8 to 14 Speed & Agility training class (limited space available only 8 kids per class. Call or sign up at member services desk) or register at: http://app.jackrabbitclass.com/regv2.asp?id=540594</p>			
<u>Friday</u>				<u>Saturday</u>			
5:00 a.m.	Bootcamp	Brooke	A	7:00 a.m.	Bootcamp	Bob	A
7:00 a.m.	Yoga	Alison	Y	8:30 a.m.	CDP	Deanna	A
9:00 a.m.	CDP	Debora	A	9:00 a.m.	Pilates Mat	Susan	Y
9:00 a.m.	Chair Yoga	Kaylea	Y	9:15 a.m.	Shine Dance Fitness	Deanna	A
10:00 a.m.	Yoga for Health	Kaylea	Y	10:15 a.m.	Pound TM	Susan	B
<p>Covid19 restrictions still in place. Mask must be worn to enter this facility!</p>				<p align="center">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.</p>			