



# JULY

## FAMILY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:30-6:15 AM NEW! HYDRO HIIIT ANTIONETTE CLASS BEGINS 7-19				
8:30 - 9:25 AM S'WET JILL	8:30 - 9:15 AM S'WET DARE 7-4-23 ONLY	8:30-9:15 AM NEW! CARDIO SPLASH 45 ANTIONETTE		8:30-9:15 AM NEW! HYDRO HIIIT TAWNY	8:00-8:45 AM NEW TIME ! S'WET BOOTCAMP JOY/ANTIONETTE	
	9:30 - 10:25 AM S'WET DARE		9:30 - 10:25 AM POWER WAVES JOY	9:30 - 10:30 AM AQUA PILATES MICHELE L		
10:00 -10:55 AM AQUA FIT LINDA	10:00 - 10:55 AM AQUA FIT LINDA 7-4-23 ONLY	10:00 - 10:55 AM AQUA FIT LINDA	11:00 - 11:55 AM ABBA AQUA TAWNY 7-6-23 ONLY	11:00 - 11:55 AM AQUA FIT LINDA	10:00 - 10:55 AM AQUA FIT LINDA	12:00 - 1:00 PM POWER PILATES H2O DARE
				6:00 PM S'WET DARE		
				<p>POWER PILATES H2O-Pilates exercises adapted for the pool. For info, contact Dare at <a href="mailto:dkelley@claremontclub.com">dkelley@claremontclub.com</a>.</p>		
	6:00 - 6:55 PM NEW! POWER WAVES JOY		6:00 - 6:45 PM NEW!! S'WET BOOTCAMP JOY	<p>AQUA PILATES - Private small group aqua Pilates class open to current studio Pilates clients. For info, contact Michele at <a href="mailto:mleggio@claremontclub.com">mleggio@claremontclub.com</a>.</p>		

**NO RECREATIONAL SWIMMING DURING SCHEDULED GROUP FITNESS CLASSES**  
**REGISTER FOR CLASSES ON TCC APP**