



DECEMBER

FAMILY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				8:30- 9:15 AM S'WET DEEP DARE		
8:30- 9:25 AM S'WET JILL		8:30-9:25 AM CARDIO SPLASH JOY		9:30 - 10:30 AM AQUA PILATES MICHELE L	8:00-8:55 AM S'WET BOOTCAMP JOY/ANTIONETTE	
	9:30-10:25 AM S'WET DARE		9:30-10:25 AM POWER WAVES JOY	11:00 - 11:55 AM AQUA FIT LINDA		
10:00 -10:55 AM AQUA FIT LINDA		10:00-10:55 AM AQUA FIT LINDA			10:00 - 10:55 AM AQUA FIT LINDA	12:30 - 1:30 PM POWER PILATES H2O DARE
				<p>POWER PILATES H2O - Pilates exercises adapted for the pool. For info, contact Dare at dkelley@claremontclub.com.</p>		
			6:30 - 7:25 PM POWER WAVES JOY	<p>AQUA PILATES - Private small group aqua Pilates class open to current studio Pilates clients. For info, contact Michele at mleggio@claremontclub.com.</p>		

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