

Monday			
05:30a	BODYPUMP™	C	Tina
05:30a	Cycle and Sculpt	E	Melanye
06:00a	Athletic Conditioning	MBC	Colleen
08:30a	Cycle and Sculpt	E	Melanye
09:00a	Aqua Athletics	ILP	Melinda
09:15a	Athletic Conditioning	C	Stacey
09:30a	Yin Yoga	D	Amy
09:30a	75 Cycle and Sculpt Extended	E	Patty
10:00a	Aqua Athletics	FLP	Ethan
10:20a	Zumba	C	George
10:30a	Mat Pilates	D	Stacey
11:30a	Low-Impact Workout	C	Ethan
11:45a	30 Exercise for Tots	D	Patty
12:30p	Athletic Conditioning	C	Stacey
12:30p	Vinyasa Yoga	D	Sara
01:30p	30 BORN TO MOVE 2-3	D	Kelly
02:00p	30 BORN TO MOVE 4-5	D	Kelly
03:30p	45 Family Yoga - Ages 5+	D	Vickey
04:30p	POP Pilates	D	Rachel
04:45p	45 BODYCOMBAT	C	Kristin
05:30p	30 Begin to Cycle	E	Colleen
05:30p	75 Advanced Yoga Extended	D	Brittany
05:45p	BODYPUMP™	C	Kristin
06:00p	Athletic Conditioning	B	Charity
06:00p	Group Cycle	E	Colleen
06:00p	Run Club	ML	Kelly
06:50p	Zumba	C	Brianne
07:00p	Vinyasa Yoga	D	Judi
08:00p	BODYJAM	D	Kai
08:00p	BODYPUMP™	C	Kjerstin
Thursday			
05:30a	Athletic Conditioning	C	Traci
05:30a	Group Cycle	E	Lisa
05:30a	Run Club	ML	Colleen
06:30a	30 Gentle Yoga Express	D	Shauna
07:00a	Yin Yoga	D	Amy
08:30a	45 Cardio Step and Sculpt	C	Stacey
08:30a	Barre	D	Ethan
08:45a	45 Group Cycle	E	Danielle
09:00a	30 CXWORX	B	Casey
09:00a	Aqua Zumba	ILP	Ana
09:15a	BODYPUMP™	C	Alex S.
09:30a	45 Athletic Conditioning	B	Charity
09:30a	Barre	D	Rachel
09:30a	Cycle and Sculpt	E	Danielle
10:20a	BODYCOMBAT	C	Alex S.
10:20a	Zumba	B	Emma
10:30a	75 Power Yoga Extended	D	Amy
11:30a	Zumba Gold	C	Naoko
11:45a	30 Baby Yoga	D	Kelly
12:00p	Cycle and Sculpt	E	Stacey
12:30p	30 BODYATTACK Express	C	Kelly
12:30p	30 Gentle Stretch and Balance	D	Naoko
01:00p	30 CXWORX	C	Kelly
01:30p	Barre	D	Emma
04:00p	30 Zumba Kids 4-6	C	Patty
04:30p	30 Zumba Kids 7-12	D	Patty
05:00p	45 Tai Chi	D	Vickey
05:00p	Athletic Conditioning	C	Stacey
05:00p	U-JAM Fitness	B	Jade
06:00p	Barre	D	Stacey
06:00p	BODYATTACK	C	Alex T.
06:00p	Group Cycle	E	Herb
06:00p	Run Club	ML	Colleen
07:00p	30 Gentle Stretch and Balance	TF	Colleen
07:00p	Aqua Zumba	ILP	Didi
07:00p	Vinyasa Yoga	D	Judi
07:00p	Youth Hip Hop	C	Patty
07:15p	Group Cycle	E	Herb
08:00p	U-JAM Fitness	C	Robert

Tuesday				
05:30a		BODYCOMBAT	C	Melanye
05:30a		Group Cycle	E	Lisa
07:00a		Yin Yoga	D	Amy
08:30a		Vinyasa Yoga	D	Judi
08:45a	30	CXWORX	C	Casey
09:00a		Aqua Athletics	ILP	Ethan
09:15a		BODYPUMP™	C	Alex S.
09:30a		Athletic Conditioning	MBC	Patty
09:30a		Cycle and Sculpt	E	Traci
09:30a		Vinyasa Yoga	D	Sara
10:00a		Gentle Aqua	ILP	Ethan
10:20a		U-JAM Fitness	C	Nina
10:30a		Barre	D	Stacey
11:30a	30	BORN TO MOVE 2-3	D	Kelly
11:30a		Zumba Gold	C	Sylvia
12:00p	30	BORN TO MOVE 4-5	VK	Kelly
12:00p		Cycle and Sculpt	E	Kai
12:30p	30	BODYPUMP Express	C	Charity
12:30p		Barre	D	Rachel
01:00p	30	CXWORX	C	Charity
01:30p		Zumba	C	Emma
04:00p	30	SPRINT	E	Kai
04:00p	30	Zumba Kids 4-6	C	Patty
04:30p	30	Zumba Kids 7-12	C	Patty
04:30p		STRONG by Zumba	D	Cinnamin
05:00p		Athletic Conditioning	C	Stacey
05:30p	30	Gentle Stretch and Balance	D	Cinnamin
06:00p	45	Basic Conditioning - Ages 8+	C	Patty
06:00p		Barre	D	Cinnamin
06:00p		Cycle and Sculpt	E	Stacey
06:50p		Zumba	C	George
07:00p		Aqua Zumba	ALP	Bu
07:00p		Gentle Yoga	D	Kelsey
08:00p		U-JAM Fitness	C	Robert
Friday				
05:30a	30	Athletic Conditioning Express	C	Melanye
05:30a		Barre	D	Shauna
05:30a		Group Cycle	E	Tina
06:00a	30	CXWORX	C	Melanye
06:30a	45	BODYPUMP™	C	Alex T.
06:30a		Gentle Yoga	D	Judi
07:45a	45	Tai Chi	D	Danielle
08:30a	45	Athletic Conditioning	C	Kelly
08:30a	45	Barre	D	Melanye
09:00a		Aqua Athletics	ILP	Melinda
09:15a		Athletic Conditioning	C	Stacey
09:15a	75	Vinyasa Yoga Extended	D	Brittany
09:30a		Cycle and Sculpt	E	Kim
10:00a		Aqua Athletics	FLP	Ethan
10:20a	30	CXWORX	C	Kelly
10:30a		Mat Pilates	D	Kim
10:50a		U-JAM Fitness	C	Nina
11:30a	30	BORN TO MOVE 2-3	D	Kelly
11:50a	30	POP Pilates Express	C	Nina
12:00p	30	BORN TO MOVE 4-5	VK	Kelly
12:00p		Restorative Yoga	D	Courtney
12:30p		BODYCOMBAT	C	Charity
04:00p	30	BODYSTEP Express	C	Kai
04:30p		BODYPUMP™	C	Kelly
04:45p	45	Family Athletic Conditioning 6+	D	Patty
05:00p		Cycle and Sculpt	E	Stacey
05:30p	45	BODYATTACK	C	Kelly
05:30p		Restorative Yoga	D	Amy
06:30p		POP Pilates	C	Nisi

Wednesday				
05:30a		BODYPUMP™	C	Melanye
05:30a		Cycle and Sculpt	E	Traci
06:00a		Athletic Conditioning	MBC	Colleen
06:30a		Vinyasa Yoga	D	Traci
08:00a		Power Yoga	D	Brittany
08:30a	45	Mat Pilates	C	Stacey
08:30a		Cycle and Sculpt	E	Melanye
09:00a		Aqua Athletics	FLP	Melinda
09:15a		Athletic Conditioning	B	Stacey
09:15a		BODYCOMBAT	C	Alex S.
09:15a	75	Power Yoga Extended	D	Brittany
09:30a		Cycle and Sculpt	E	Melanye
10:00a		Gentle Aqua	ILP	Melinda
10:20a		Cardio Step and Sculpt	C	Stacey
10:30a		BODYFLOW	D	Rachel
11:30a		Low-Impact Workout	C	Kelly
11:45a	30	Exercise for Tykes	D	Patty
11:45a	45	Group Cycle	E	Stacey
12:30p		Athletic Conditioning	C	Kelly
12:30p		Yin Yoga	D	Sara
02:00p	30	Zumba Kids 4-6	C	Patty
03:30p		STRONG by Zumba	D	Emma
03:45p	45	Tween Cycle - Ages 9 - 12	E	Patty
04:00p	25	LM TONE Express	C	Kai
04:30p	45	Family Yoga - Ages 5+	D	Courtney
04:30p		POP Pilates	C	Nina
04:50p	45	Family Athletic Conditioning 6+	B	Kelly
05:30p		Vinyasa Yoga	D	Courtney
05:45p		BODYPUMP™	C	Kelly
06:00p		Group Cycle	E	Colleen
06:50p		Zumba	C	Ana
07:00p		Restorative Yoga	D	Courtney
07:00p		RPM	E	Kai
08:00p		STRONG by Zumba	C	Kai
Saturday				
07:10a		BODYPUMP™	C	Charity
07:30a		Group Cycle	E	Herb
08:10a		Zumba	C	Bu
08:15a	75	Power Yoga Extended	D	Judi
08:30a	45	Athletic Conditioning	B	Charity
08:45a		Aqua Zumba	ALP	Ana
08:45a		Group Cycle	E	Herb
09:15a		BODYPUMP™	C	Melanye
09:30a		Run Club	ML	Kelly
10:00a	75	Cycle and Sculpt Extended	E	Patty
10:30a		POP Pilates	D	Nisi
10:50a		U-JAM Fitness	C	Nina
11:30a	30	Baby Yoga	D	Kelly
11:30a	45	Family Cycle	E	Herb
11:30a		BODYCOMBAT	B	Kjerstin
12:00p	30	BORN TO MOVE 2-3	D	Kelly
12:00p	30	Zumba Kids 4-6	C	Patty
12:30p	30	BORN TO MOVE 4-5	D	Kelly
12:30p		POP Pilates	C	Nina
12:30p		Youth Hip Hop	B	Patty
01:30p	45	Family Athletic Conditioning 6+	C	Kelly
01:30p		Barre	D	Emma
Sunday				
08:00a		Group Cycle	E	Herb
08:30a		Barre	D	Brianne
09:00a		Aqua Zumba	ILP	Tyler
09:15a		BODYPUMP™	C	Sonja
09:15a		Group Cycle	E	Hayley, Herb
09:30a		Yin Yoga	D	Kelsey
10:20a		Cycle and Sculpt	E	Patty
10:20a		Zumba	C	George
10:30a		STRONG by Zumba	D	Cinnamin
11:30a	45	Family Yoga - Ages 5+	D	Courtney
12:00p		Athletic Conditioning	C	Patty
12:30p		Restorative Yoga	D	Shauna
01:30p		Vinyasa Yoga	D	Amy
02:00p		Zumba	C	Didi
02:45p	45	Family Yoga - Ages 5+	D	Courtney
03:30p	45	Family Cycle	E	Herb

B = Studio B	C = Studio C	D = Studio D	E = Studio E	ALP = Outdoor Adult Lap Pool
FLP = Outdoor Family Lap Pool	ILP = Indoor Lap Pool	MBC = Main Basketball Court	ML = Main Lobby	TF = Training Floor
VK = VillaKids Activity Studio	VK = VillaKids Activity Studio - 1			

- Group Exercise classes are included in your membership.
- Classes and sessions are 55 minutes unless otherwise noted.
- For the safety, comfort and experience of all members, there is no admittance once each class has begun.



GROUP EXERCISE

Not all classes are offered at each location – Please check the local schedule for offerings.

Advanced Yoga

Taking poses to a deeper level through twisting, inversions, and balance challenges. These poses will enable growth in strength, flexibility, range of motion and balance.

Aqua Athletics

Experience the vigor of the water, using it as its own resistance. A gentle yet fun low-impact workout to increase your strength, range of motion and cardio fitness.

Aqua Barre

Classic ballet concepts using the water as resistance. Focus on alignment, core strength and coordination.

Aqua Pilates

Traditional Pilates in combination with the natural resistance of water and use of props to build core strength and aid in proper body alignment.

Aqua Zumba®

Blends the Zumba® formula and philosophy with traditional aqua fitness disciplines in a safe, challenging, water-based workout.

Athletic Conditioning

Intervals, circuits, obstacle courses, BOSU and endurance games to train the entire body.

Baby Yoga (ages 6 weeks to crawling)

Unique poses designed to enhance your baby's development. Each class is filled with nurturing and calming ways to bond baby and parent.

Basic Conditioning (ages 8+)

Designed for adults and youth, this circuit style workout changes from week to week. Increase your athletic skill and fitness for everyday life. This class is for any level of fitness. (Ages 10 - 12 require adult sign-in and sign-out)

Barre

Not just for dancers! Based on classical ballet concepts, this class will focus on movement, alignment, core strength, coordination, building and lengthening of muscles and balance. This class will tone the entire body with ballet bars, light weights and props.

Begin to Run

This class is designed to get new runners and walkers out of their comfort zones with indoor and outdoor workouts.

Begin to Cycle

Beginners will learn proper bike setup and terminology and enjoy a great cardio workout.

BODYATTACK™ (a LES MILLS™ class)

A sports-inspired cardio workout for strength and stamina. For the weekend athlete to the hard-core competitor!

BODYCOMBAT™ (a LES MILLS™ class)

A non contact, martial arts based class with moves from karate, Taekwondo, kung fu, kickboxing, Muay Thai and tai chi.

BODYFLOW™ (a LES MILLS™ class)

The yoga, tai chi and Pilates workout that leaves you feeling long, strong, centered and calm.

BODYJAM™ (a LES MILLS™ class)

Cardio fun set to the latest music and greatest dance moves. Burn calories while increasing your fitness level and learn to dance better.

BODYPUMP™ (a LES MILLS™ class)

The ultimate resistance training class that combines movement with a specially designed barbell system

BODYSTEP™ (a LES MILLS™ class)

An energizing step workout using an adjustable step and simple movements.

BORN TO MOVE™ (a LES MILLS™ class)

An exercise program that combines music and movement to motivate kids and inspire a lifelong love of movement.

Ages 2 - 3 and 4 - 5

Imagination, exploration, music and movement

Ages 6 - 7

Playful movement, music and games

Ages 8 - 12

Dynamic games, movement and music

Cardio Step and Sculpt

Perform movements on and off a step platform, with or without risers. This class consists of choreography patterns with intensity levels determined by speed and travel.

CXWORX™ (a Les Mills™ class)

A short, sharp core workout that'll inspire you to the next level of fitness, while strengthening and toning your body.

Exercise for Tots (crawling to 24 mos.)

Crawlers and walkers have a lot of energy, so let's teach them to use it. We engage in activities while standing, walking, sitting and jumping.

Exercise for Tykes (ages 2-4 years)

Toddler-friendly activities with songs, stories and games designed to improve motor skills and attention span. A class for you and your child.

Family Conditioning (ages 6+)

Play games and sweat together in cardio and strength circuits. Increase your fitness level together as a family!

Family Cycle

Geared to all levels, including YOUR KIDS! Learn safety, setup, and proper cycle etiquette. Bring the family for a great workout. (Children must be able to comfortably reach the pedals.)

Family Yoga (ages 5+)

Yoga for your family! An empowering session to bond with your family. A light and inviting atmosphere to stretch and strengthen mind and body together. All families welcome.

Gentle Aqua

Enjoy the benefits of working out in the water! Water buoyancy protects muscles and joints from injury. This class offers stretching, toning, water walking, and light aerobics.

Gentle Stretches and Balance

This class focuses on flexibility and range of motion through basic gentle stretches while standing and laying on the mat. Basic balance exercises are done to promote body awareness, coordination and strength.

Gentle Yoga

A great workout without putting unnecessary strain on your body, modifying standard yoga poses and maintaining a relaxed pace. Achieve focus and balance, and center yourself.

Group Cycle

A cardio workout performed on a stationary bike based on cycling principles. Classes focus on cadence, heart-rate zones, drills, climbs and sprints for an unpredictable, challenging ride.

Hip Hop Fusion

A super fun dance class with a hip hop focus! Easy to follow choreography for all levels.

Kids Yoga (ages 3 - 7)

This class teaches concentration, relaxation and compassion. Each class will have a theme to excite and motivate.

LM TONE (a LES MILLS™ class)

Burn calories and build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.

Low Impact Workout

Combines cardio, strength, balance and coordination for the beginner athlete in YOU! Fun yet challenging moves to increase fitness level.

Mat Pilates

An innovative system of mind/body exercise based on the principles of Joseph Pilates, which teach body awareness and good posture, and increase core strength, flexibility and agility.

Open Cycle & Studio

Drop in for a non-instruction cycle, practice your dance steps, or focus on body-weight exercises. Audio and studio equipment not available.

PiYo™

Combines Pilates, yoga, strength conditioning, flexibility, and dynamic balance. PiYo is an up-tempo approach to mind/body exercise.

POP Pilates

A total body, equipment-free workout combines total body Pilates exercises with the attitude of choreographed dance and the energy of music, sculpts a solid core and lean dancer's body.

POUND®

Using Ripstix®, lightly weighted drumsticks, POUND® transforms drumming into a fun and effective way of working out. The perfect atmosphere for letting loose, getting energized, and rockin' out!

POUND® Kids (ages 5 - 12)

Using Ripstix®, lightly weighted drumsticks, POUND® transforms drumming into a fun and effective way of working out. The perfect atmosphere for letting loose, getting energized, and rockin' out!

Power Aqua

This class will focus on core development with deep-water exercises and resistance training and combines elements of interval and endurance training.

Power Yoga

Synchronous breathing with strong, flowing movement for a high energy, vigorous cardiovascular workout.

Restorative Yoga

A relaxing and gentle form of yoga designed to reduce/relieve stress, create flexibility, and calm the mind and body.

RPM™ (a LES MILLS™ class)

The indoor cycling workout to the rhythm of powerful music. Take on the terrain through hills, flats, mountain peaks, time trials, and interval training.

Run Conditioning

For new runners or those looking to increase endurance, speed, agility, strength and to decrease chances of injury. Run an average of 3-6 miles per class and some light load strength training. All levels welcome and participants may run at their own pace.

Run Club (Seasonal in some locations)

Runners of all levels are welcome to join for a group run. The course will be pre-planned and staff-led. Meet at the Fitness Advice Center regardless of weather conditions.

SH'BAM™ (a LES MILLS™ class)

A fun insanelly addictive dance workout with an ego-free zone – no dance experience required!

Cycle & Sculpt

A cardio workout on a stationary bike and combined with floor exercises. Cycling, strength exercises, intervals and core training are combined for this total body workout.

SPRINT™ (a Les Mills™ class)

A 30-minute workout, using an indoor bike to achieve fast results. Featuring bursts of intensity, followed by periods of rest.

Tai Chi

A series of movements performed in a slow, focused manner and accompanied by deep breathing. This ancient form of martial arts improves balance, agility, strength, and coordination.

Tween Cycle (ages 8 - 12)

Come ride to the rhythm of your favorite songs, play games on the bike and make new friends while you exercise!

U-JAM Fitness®

This class unites world beats with urban flavor. Easy to learn dance steps choreographed to high energy music that makes you sweat and tone!

Vinyasa Yoga

Poses are cued in modified, full, and extended versions for all skill levels. Gain strength, flexibility, balance and range of motion.

Yin Yoga

Designed to work deep within the connective tissue to increase joint mobility and release stress while holding poses for longer periods.

Yoga and Meditation

Find balance and ease the mind in this class designed for any student seeking stress reduction. Learn proper posture, breathing and how to calm your mind.

Yoga Sculpt

A combination of Flow Yoga, music, and energy, amplified with the use of weights. Sweat and sculpt your way to a new level of flexibility and strength.

Youth Hip Hop (ages 8+)

This high-energy class teaches the fundamentals of hip-hop movement. Learn flexibility exercises, isolations, rhythms, memorize choreography, and footwork.

Zumba®

Move and shake your hips while burning calories and having a blast! Zumba® is different, fun, and composed of energetic rhythms that help your body move to the beat!

Zumba® Gold

It's just as much fun as Zumba, just not as fast! Zumba Gold utilizes the same Latin styles of music and dance allows you to learn the steps.

Zumba Kids® (ages 4-6, 7-12)

Designed exclusively for kids, a high-energy class packed with specially-choreographed, kid-friendly routines and music.

Zumba® Toning

Combines targeted body-sculpting exercises and high energy cardio with Latin-infused Zumba® moves to create a calorie torching, strength training dance fitness party.

SMALL-GROUP TRAINING

Small-Group Training provides a personalized training experience in a fun and collegial setting. We're excited to offer a variety of new programs to help you reach your goals. From fat burn to athletic performance improvement and low impact body conditioning, choose your program and start today.

Looking for fast and comprehensive results? We continue to offer our popular group Pilates Reformer program for core strengthening, enhanced range of motion, and overall body composition improvement.

AGES 13+ *unless otherwise specified*

FAT BURN

Each session will get your heart pumping as you work through high-intensity interval training with a combination of cardio and strength exercises targeted for optimum fat burn.

STRENGTH GAIN

Develop greater movement ability under heavier loads to perform daily tasks with greater efficiency and overall confidence. Experience strength gain that translates into your life whether at home, work or in competition.

LEAN AND TONE

Change the shape of your body with sessions designed to maximize not only the intensity of your workouts but also your ability to recover effectively. Make the most of your time with an effective, purposeful exercise program.

ATHLETIC PERFORMANCE IMPROVEMENT

(ADULTS: AGES 15+)

Optimize the development of your speed, quickness, strength, movement and overall conditioning with a high focus on mobility and stability for overall injury prevention. Sessions will prepare you with high level expertise and guidance for any challenge life brings your way.

TOTAL EQUIPMENT PILATES REFORMER

Hits all muscle groups by incorporating various pieces of equipment. Through varied exercises, this class focused on strength, flexibility, and balance for lean, long muscles.

ATHLETIC PERFORMANCE IMPROVEMENT

(YOUTH: AGES 9 – 14)

Designed specifically for youth who want to improve their sport performance and get the most out of their workouts to optimize speed, quickness, strength, movement, athletic conditioning, mobility and stability. Sessions will provide appropriate intensity and training volumes while maintaining a focus on injury prevention and overall education for enhancing athletic performance.

ENHANCED MOVEMENT

Enjoy guided sessions designed to enhance overall movement ability. Whether you are seeking pre/post rehabilitation or you simply desire to move with greater confidence on a daily basis our integrated approach will guide you to an increased range of motion and greater overall joint mobility promoting enhanced movement and quality of life.

PILATES REFORMER

Pilates Reformer helps establish core stability and postural alignment while working peripheral limbs in a range of motion to lengthen and strengthen muscles. As you progress, the fitness challenge becomes greater, resulting in visible improvements in muscle definition.

MAY 2018 SCHEDULE

MONDAY

	TIME	CLASS	TRAINER
MC	9:00am	Athletic Performance (Adult)	Brice
A	9:30am	Pilates Reformer	Tammy
A	10:45am	Pilates Reformer	Susan
A	12:00pm	Pilates Reformer	Susan
A	6:00pm	Pilates Reformer	Chelsea
FF	7:00pm	Strength Gain	Nick L

WEDNESDAY

	TIME	CLASS	TRAINER
A	9:30am	Pilates Reformer	Susan
A	12:00pm	Pilates Reformer	Susan
FF	7:00pm	Strength Gain	Nick L.

FRIDAY

	TIME	CLASS	TRAINER
A	9:15am	Pilates Reformer	Susan
A	12:00pm	Pilates Reformer	Susan

SATURDAY

	TIME	CLASS	TRAINER
A	8:30am	Pilates Reformer	Chelsea

A STUDIO A B STUDIO B MC MAIN COURT
T TURF FIELD FF FITNESS FLOOR

TUESDAY

	TIME	CLASS	TRAINER
B	8:00am	Lean and Tone	Melissa
A	9:30am	Pilates Reformer	Tammy
A	10:45am	Pilates Reformer	Susan
B	3:00pm	Athletic Performance <i>(Ages 14-18)</i>	Andrew
B	5:00pm	Fat Burn	Cassidy
A	5:00pm	Pilates Reformer	Alexis
A	6:15pm	Pilates Reformer	Alexis

THURSDAY

	TIME	CLASS	TRAINER
B	8:00am	Lean and Tone	Melissa
A	9:30am	Pilates Reformer	Tammy
A	10:45am	Pilates Reformer	Susan
FF	3:00pm	Athletic Performance <i>(Ages 14-18)</i>	Andrew
FF	5:00pm	Fat Burn	Cassidy
A	5:00pm	Pilates Reformer	Chelsea
A	6:00pm	Pilates Reformer	Chelsea

SUNDAY

	TIME	CLASS	TRAINER
A	9:00am	Pilates Reformer	Alexis
B	10:00am	Enhanced Movement	Brice
A	10:15am	Pilates Reformer	Alexis
FF	11:30am	Athletic Performance Improvement (Youth)	Andrew
TF	6:00pm	Athletic Performance Improvement <i>(Ages 9-14)</i>	Andrew

NEW FLEXIBILITY!

Starting May 1, VillaSport will offer an all new pricing structure for Small Group Training. Members will still be able to attend a class at a simple drop-in rate, but now you'll have the option of purchasing a series of 10 or 30 classes to use at your discretion. This allows you flexibility to enjoy different Small Group Training classes with your package.

To reserve your spot in a class, please visit VillaSport.com or the Fitness Advice Center Concierge Desk.

PILATES REFORMER

Single Class - 25 • Series of 10 Classes - 212 • Series of 30 Classes - 600

SMALL-GROUP TRAINING

Single Class - 15 • Series of 10 Classes - 125 • Series of 30 Classes - 360

Indoor Pools Schedule

Beaverton

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indoor Recreation Pool			Pool available for adult recreation anytime programming is not scheduled.			
Family Swim 10:00a-12:00p	Family Swim 10:00a-12:00p	Family Swim 10:00a-12:00p	Family Swim 10:00a-12:00p	Family Swim 10:00a-12:00p	Family Swim 9:00a-8:00p	Family Swim 9:00a-8:00p
	Swim Lessons 10:00a-12:30p		Swim Lessons 10:00a-12:30p		Swim Lessons 9:00a-1:00p	
Family Swim 3:00p-8:00p	Family Swim 3:00p-8:00p	Family Swim 3:00p-8:00p	Family Swim 3:00p-8:00p	Family Swim 3:00p-8:00p		
Swim Lessons 4:00p-8:00p	Swim Lessons 4:00p-7:00p	Swim Lessons 4:00p-8:00p	Swim Lessons 4:00p-7:00p	Swim Lessons 4:00p-7:00p		
	Aqua Zumba 7:00p-7:55p Lanes 4-5		Aqua Zumba 7:00p-7:55p Lanes 1-2			
Indoor Lap Pool		Lanes available for lap swimming anytime programming is not scheduled.				
Aqua Athletics 9:00a-10:00a Lanes 4-5	Aqua Athletics 9:00a-10:00a Lanes 4-5	Aqua Athletics 9:00a-10:00a Lanes 4-5	Aqua Zumba 9:00a-10:00a Lanes 4-5	Aqua Athletics 9:00a-10:00a Lanes 4-5	Aqua Zumba 8:45a-9:40a Lanes 4-5	Aqua Zumba 9:00a-9:55a Lanes 4-5
Aqua Athletics 10:00a-11:00a Lanes 4-5	Gentle Aqua 10:00a-11:00a Lanes 4-5	Gentle Aqua 10:00a-11:00a Lanes 4-5		Aqua Athletics 10:00a-11:00a Lanes 4-5	Swim Lessons 9:00a-1:00p Lane 5	
Swim Lessons 4:00p-8:00p Lanes 1	Swim Lessons 4:00p-7:00p Lane 1	Swim Lessons 4:00p-8:00p Lanes 1	Swim Lessons 4:00p-7:00p Lane 1	Swim Lessons 4:00p-7:00p Lanes 1		PaddleFIT 2:00p-3:00p Lanes 3-5
Swim Team 6:15p-7:15p Lanes 4-5	Swim Team 6:15p-7:15p Lanes 4-5	Swim Team 6:15p-7:15p Lanes 4-5	Swim Team 6:15p-7:15p Lanes 4-5	Swim Team 6:15p-7:15p Lanes 4-5		
Stroke & Cond. 7:00p-8:00p Lane 2		Stroke & Cond. 7:00p-8:00p Lane 2				

Lane 1 is closest to the Locker Rooms.

Outdoor Pools Schedule

Beaverton

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor Recreation Pool						
Family Swim 12:00p-8:00p	Family Swim 12:00p-8:00p	Family Swim 12:00p-8:00p	Family Swim 12:00p-8:00p	Family Swim 12:00p-8:00p	Family Swim 10:00a-8:00p	Family Swim 10:00a-8:00p
Extended Family Swim - 5/28 Only 10:00a-8:00p						

Family swim will be closed if the weather is 60 degrees or below.

Outdoor Family Lap Pool Lanes available for lap swimming anytime programming is not scheduled.

Masters 5:30a-6:30a Lanes 2-5	Masters 5:30a-6:30a Lanes 2-5	Masters 5:30a-6:30a Lanes 2-5	Masters 5:30a-6:30a Lanes 2-5	Masters 5:30a-6:30a Lanes 2-5		
	Masters 12:00p-1:00p Lanes 2-5		Masters 12:00p-1:00p Lanes 2-5			
Swim Team 4:00p-7:15p	Swim Team 4:00p-7:15p	Swim Team 4:00p-7:15p	Swim Team 4:00p-7:15p	Swim Team 4:00p-7:15p	Swim Team 7:30a - 9:00a	

Outdoor Adult Lap Pool (Ages 18+) Lanes available for lap swimming anytime programming is not scheduled.

Open Lap Swim 5:00a-9:30p	Open Lap Swim 5:00a-9:30p	Open Lap Swim 5:00a-9:30p	Open Lap Swim 5:00a-9:30p	Open Lap Swim 5:00a-9:30p	Open Lap Swim 7:00a-8:30p	Open Lap Swim 7:00a-8:30p
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Poolside Café and Bar

3:30p-8:00p	3:30p-8:00p	3:30p-8:00p	3:30p-8:00p	3:30p-8:00p	11:00a-8:00p	11:00a-8:00p
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BEAVERTON COURT SCHEDULE - May 2018

Main Court	VillaKids Court
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:15am - 11:00am Athletic Conditioning 6:00pm - 10:00pm Men's Basketball League	2 6:00am - 7:00am Athletic Conditioning 6:30pm - 10:00pm Men's Basketball League	3 6:00pm - 10:00pm Men's Basketball League	4	5 9:30am - 11:00pm Adult Pick-Up Basketball Ages 18+ 11:00pm - 1:00pm Basketball Skills Clinic
		5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	7:00am - 8:00am Open Court
6 9:30am - 2:00pm Youth Basketball League 3:00pm-4:00pm Fustal Open Gym	7 6:00am - 7:00am Athletic Conditioning 6:00pm - 9:00pm Adult Volleyball League	8 9:15am - 11:00am Athletic Conditioning 6:00pm - 10:00pm Men's Basketball League	9 6:00am - 7:00am Athletic Conditioning 6:30pm - 10:00pm Men's Basketball League	10 6:00pm - 10:00pm Men's Basketball League	11	12 9:30am - 11:00pm Adult Pick-Up Basketball Ages 18+ 11:00pm - 1:00pm Basketball Skills Clinic
7:00am - 9:00am Open Court 6:00pm - 9:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	7:00am - 8:00am Open Court
13 9:30am - 2:00pm Youth Basketball League 3:00pm-4:00pm Fustal Clinic	14 6:00am - 7:00am Athletic Conditioning 6:00pm - 9:00pm Adult Volleyball League	15 9:15am - 11:00am Athletic Conditioning 6:00pm - 10:00pm Men's Basketball League	16 6:00am - 7:00am Athletic Conditioning 6:30pm - 10:00pm Men's Basketball League	17 6:00pm - 10:00pm Men's Basketball League	18	19 9:30am - 11:00pm Adult Pick-Up Basketball Ages 18+ 11:00pm - 1:00pm Basketball Skills Clinic
7:00am - 9:00am Open Court 6:00pm - 9:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	7:00am - 8:00am Open Court
20 9:30am - 2:00pm Youth Basketball League 3:00pm-4:00pm Fustal Clinic	21 6:00am - 7:00am Athletic Conditioning 6:00pm - 9:00pm Adult Volleyball League	22 9:15am - 11:00am Athletic Conditioning 6:00pm - 10:00pm Men's Basketball League	23 6:00am - 7:00am Athletic Conditioning 6:30pm - 10:00pm Men's Basketball League	24 6:00pm - 10:00pm Men's Basketball League	25	26 9:30am - 11:00pm Adult Pick-Up Basketball Ages 18+ 11:00pm - 1:00pm Basketball Skills Clinic
7:00am - 9:00am Open Court 6:00pm - 9:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court	7:00am - 8:00am Open Court
27 9:30am - 2:00pm Youth Basketball League 3:00pm-4:00pm Fustal Clinic	28 6:00am - 7:00am Athletic Conditioning 6:00pm - 9:00pm Adult Volleyball League	29 9:15am - 11:00am Athletic Conditioning 6:00pm - 10:00pm Men's Basketball League	30 6:00am - 7:00am Athletic Conditioning 6:30pm - 10:00pm Men's Basketball League	31 6:00pm - 10:00pm Men's Basketball League		
7:00am - 9:00am Open Court 6:00pm - 9:00pm Open Court	5:00am - 8:00am Open Court 8:30pm - 10:00pm Open Court					

- ▶ Hours subject to change based on various in-club events.
- ▶ Children under the age of 10 must be accompanied by an adult.
- ▶ Main Court is available for use anytime programming is not scheduled

- ▶ VillaKids court subject to change for school holidays.
- ▶ VillaKids Court accessible through the connecting door on the Main Court.

Turf Field Schedule Beaverton



May 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Field						
11:00a-1:00p	11:00a-1:00p	11:00a-1:00p	11:00a-1:00p	11:00a-1:00p		5:00pm-Close

- ▶ Open field provides outdoor space for exercise and recreational play. Sports equipment is provided.
- ▶ Turf field hours subject to change based on various in-club events.
- ▶ Children under the age of 13 must be accompanied by an adult.
- ▶ Only VillaSport provided equipment is allowed on the field.
- ▶ For access, go out of the Main Court doors and turn left down the walkway until you reach the turf field gate.