



# APRIL 2025

## FAMILY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				8:30- 9:15 AM S'WET DEEP DARE	8:00-8:55 AM BREATHE IN THE MORNING MARY	
8:30- 9:25 AM S'WET JILL		8:30-9:15 AM CARDIO SPLASH 45 JOY		9:30 - 10:30 AM AQUA PILATES MICHELE L	8:00-8:55 AM S'WET BOOTCAMP MARY	
	9:30-10:25 AM S'WET DARE		9:30-10:25 AM POWER WAVES JOY	11:00 - 11:55 AM AQUA FIT ANTIONETTE		
10:00 -10:55 AM AQUA FIT JOY		10:00-10:55 AM AQUA FIT JOY			10:00 - 10:55 AM AQUA FIT MARY	
				<p>POWER PILATES H2O - Pilates exercises adapetd for the pool. For info, contact Dare at <a href="mailto:dkelley@claremont club.com">dkelley@claremont club.com</a>.</p>		
			6:00 - 6:55 PM POWER WAVES 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@claremont club.com">mleggio@claremont club.com</a>.</p>		

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