

AQUATIC & FITNESS Center

2023 Fitness Sessions • Sign-Ups

JANUARY

| SU | MO | TU | WE | TH | FR | SA |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

FEBRUARY

| SU | MO | TU | WE | TH | FR | SA |
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| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | | | | |

MARCH

| SU | MO | TU | WE | TH | FR | SA |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

APRIL

| SU | MO | TU | WE | TH | FR | SA |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

MAY

| SU | MO | TU | WE | TH | FR | SA |
|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

JUNE

| SU | MO | TU | WE | TH | FR | SA |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

JULY

| SU | MO | TU | WE | TH | FR | SA |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

AUGUST

| SU | MO | TU | WE | TH | FR | SA |
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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

SEPTEMBER

| SU | MO | TU | WE | TH | FR | SA |
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| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

OCTOBER

| SU | MO | TU | WE | TH | FR | SA |
|----|----|----|----|----|----|----|
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

NOVEMBER

| SU | MO | TU | WE | TH | FR | SA |
|----|----|----|----|----|----|----|
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| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

DECEMBER

| SU | MO | TU | WE | TH | FR | SA |
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| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

FITNESS SESSION DATES

- Winter 1: Jan 2 - Feb 3
- Winter 2: Feb 13 - Mar 17
- Spring 1: Mar 27 - Apr 28
- Spring 2: May 8 - Jun 9
- Summer 1: Jun 19 - Jul 21
- Summer 2: Jul 31 - Sep 1
- Fall 1: Sep 11 - Oct 13
- Fall 2: Oct 23 - Nov 17
- Holiday: Nov 27 - Dec 22

 FITNESS CLASSES

 SIGN-UPS BEGIN

OPEN SWIM & LIFEGUARD HOURS

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|--|--|--|--|---|-------------------------------------|---|
| Lap Pool 5am-10:00am 11:00pm-6pm | Lap Pool 5am-7:15am 10:30am-6pm | Lap Pool 5am-10:00am 11:00pm-6pm | Lap Pool 5am-7:15am 10:30am-6pm | Lap Pool 5am-10:00am 11:00am-6pm | Lap Pool 5am-6pm | Lap Pool 5am-6pm |
| Warm Pool 5am-11:30am 12:30pm-3:30pm 5pm-6pm | Warm Pool 5am-6pm | Warm Pool 5am-11:30am 12:30pm-3:30pm 5pm-6pm | Warm Pool 5am-6pm | Warm Pool 5am-3:30pm 5pm-6pm | Warm Pool 5am-6pm | Warm Pool 5am-3:30pm 5pm-6pm |
| Spa 5am-6pm | Spa 5am-6pm | Spa 5am-6pm | Spa 5am-6pm | Spa 5am-6pm | Spa 5am-6pm | Spa 5am-6pm |
| Lifeguard Hours 9am - 6pm | Lifeguard Hours 9am - 6pm | Lifeguard Hours 9am - 6pm | Lifeguard Hours 9am - 6pm | Lifeguard Hours 9am - 6pm | Lifeguard Hours 9am - 1pm | Lifeguard Hours 9am - 1pm |

Panorama

AQUATIC & FITNESS Center

2023 Fall 2 Group Fitness Schedule • October 23rd - November 17th



AFC - Aquatic & Fitness Center • QFR - Quinault Fitness Room

*Available virtually on Zoom! Links on the Staying Fit page on KYA

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| TAI CHI 8:45am (Resident Led) AFC (1 hr) | BASIC WATER FITNESS 7:30am (Resident Led) AFC (1 hr) | FUNCTIONAL FITNESS* 9:00am w/Anne QFR (1 hr) | BASIC WATER FITNESS 7:30am (Resident Led) AFC (1 hr) | TAI CHI 8:45am (Resident Led) AFC (1 hr) |
| CHAIR YOGA* 10:00am w/Tay AFC (1 hr) | YOGA 2* 8:00am w/Charles AFC (1 hr) | CHAIR YOGA* 10:00am w/Tay AFC (1 hr) | YOGA 2* 8:00am w/Charles AFC (1 hr) | FUNCTIONAL FITNESS* 9:00am w/Anne QFR (1 hr) |
| WATER AEROBICS 10:00am w/Rosanna AFC (50 min) | BOOTCAMP* 8:30am w/ Kim QFR (45 min) | WATER AEROBICS 10:00am w/Rosanna AFC (50 min) | BOOTCAMP* 8:30am w/ Kim QFR (45 min) | CHAIR YOGA* 10:00am w/Tay AFC (1 hr) |
| AQUA ZUMBA 11:30am w/Rosanna AFC (1 hr) | AQUA FIT 9:30am w/Kim AFC (1 hr) | AQUA ZUMBA 11:30am w/Rosanna AFC (1 hr) | AQUA FIT 9:30am w/ Kim AFC (1 hr) | WATER AEROBICS 10:00am w/Rosanna AFC (50 min) |
| YOGA 1* 11:15am w/Tay AFC (1 hr) | SIMPLIFIED TAI CHI 9:30am (Resident Led) QFR (1 hr) | ZUMBA GOLD 11:15am w/Tom QFR (1 hr) | SIMPLIFIED TAI CHI 9:30am (Resident Led) QFR (1 hr) | ZUMBA GOLD 11:15am w/Tom QFR (1 hr) |
| QIGONG* 1:00pm w/Heather C QFR (45 min) | STRETCH AND STRENGTH* 10:30am w/Marion AFC (1 hr) | YOGA 1* 11:15am w/Tay AFC (1 hr) | STRETCH AND STRENGTH* 10:30am w/Anne AFC (1 hr) | YOGA 1* 11:15am w/Tay AFC (1 hr) |
| PD MOVE IT! 1:00pm w/ Erin AFC (1 hr) | TJQMBB* 12:00pm w/ Heather D QFR (1 hr) | PD MOVE IT! 12:30pm w/ Christie AFC (1 hr) | LINE DANCING (1A-G) 12:00pm (Resident Led) AFC (1 hr) | AQUA ZUMBA 11:30am w/Rosanna AFC (1 hr) |
| LINE DANCING (1A-C) 2:00pm (Resident Led) AFC (1 hr) | LINE DANCING (1A) 12:00pm (Resident Led) AFC (45 min) | QIGONG* 1:00pm w/ Heather C QFR (45 min) | TJQMBB* 12:00pm w/ Heather D QFR (1 hr) | CHAIR PILATES* 1:00pm w/Trisha AFC (50 min) |
| WEIGHT TRAINING* 2:30pm w/ Andrew QFR (50 min) | CHAIR PILATES* 1:00pm w/Trisha AFC (50 min) | WEIGHT TRAINING* 2:30pm w/ Andrew QFR (50 min) | | MAT PILATES* 2:00pm w/Trisha AFC (50 min) |
| WATER VOLLEYBALL 3:30pm (Resident Led) AFC (1.5 hrs) | MAT PILATES* 2:00pm w/Trisha AFC (50 min) | WATER VOLLEYBALL 3:30pm (Resident Led) AFC (1.5 hrs) | | WATER VOLLEYBALL 3:30pm (Resident Led) AFC (1.5 hrs) |

| SUNDAY |
|---|
| WATER VOLLEYBALL 3:30pm (Resident Led) AFC (1.5 hrs) |

EXERCISE ORIENTATIONS

Chalet Exercise Studio
1st Wed of each month
Aquatic & Fitness Center
2nd Wed of each month
Quinault Exercise Studio
3rd Wed of each month

@ 1:30pm

EXERCISE CLINICS @ AFC

Balance/Stability
2nd Wed of Jan, Mar, May, Jul,
Sep, Nov
Cable Machine/Exercise Band
2nd Wed of Feb, Apr, Jun, Aug,
Oct, Dec

@ 2:45pm

Erin Dorn x7772 or email erin.dorn@panorama.org