STEER BARN SUMMER CLUBHOUSE HOURS
JUNE 15th – Labor Day

(Staff and Weather Permitting)

MONDAY THROUGH FRIDAY

(First Hour of ALL Lap Swim is ADULTS ONLY)

Fitness Center	**8:00 am to 8:00 pm**	
Pool – Lap Swim	**8:00 am to 10:00 am**	
Pool – Open Swim	**11:00 am to 9:00 pm**	
Outdoor Pool	***10:00 am to 6:00 pm**	
Informal Aqua Aerobics	**10:00 am to 11:00 am**	**(Mon, Wed & Fri)**
Swim Lessons (Level I)	**10:00 am to 10:30am**	**(Indoor Pool)**
Swim Lessons (Level II)	**10:45 am to 11:15 am**	**(Indoor Pool)**
Water Babies Lesson	**11:30am to Noon**	**(Indoor Pool)**
Informal Tai Chi	**10:45 am to 12:00 pm**	**(Mon, Wed & Fri)**
Game Room	**11:00 am to 7:00 pm**	

SATURDAY

Fitness Center	**8:00 am to 4:00 pm**
Pool – Lap Swim	**8:00 am to 10:00 am**
Pool – Open Swim	**10:00 am to 9:00 pm**
Outdoor Pool	***10:00 am to 6:00 pm**
Game Room	**11:00 am to 7:00 pm**

SUNDAY

Fitness Center	**8:00 am to 4:00 pm**
Pool – Lap Swim	**9:00 am to 11:00 am**
Pool – Open Swim	**11:00 am to 7:00 pm**
Outdoor Pool	***10:00 am to 6:00 pm**
Game Room	**11:00 am to 5:00 pm**

***Staff and weather permitting**

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Martial Arts Schedule w/ Sensei Fred and Sensei Chris at the Steer Barn

Tuesdays: 6:00-7:30 pm (children) 7:30-9:00 pm (adults)

Fridays: 6:00-7:30 pm (children) 7:30-9:00pm (adults)

EXERCISE CLASSES

		June 15th – June 28th	June 29th – Labor Day
Mondays	9:00 to10:00 am	- Ball and Bench Sculpting	-Cardio Sculpt Circuit
Tuesdays	9:00 to 10:00 am	- Fit Lite Class	- Fit Lite Class
	5:00 to 6:00 pm		- Kickboxing
Wednesdays	9:00 to 10:00 am	- Step Aerobics and Strength	- Step Aerobics Strength
	5:00 to 6:00 pm	- Candlelight Pilates/Yoga Fusion	- Yoga ($5.00 fee)
Thursdays	9:00 to 10:00 am	- Fit Lite Class	- Fit Lite Class
	5:00 to 6:00 pm		- Core Fusion
Fridays	9:00 to 10:00 am	- Floor Aerobics Strength Training	- Floor Aerobics Strength
Saturdays	9:00 to 10:00 am	- Instructor's Choice	- Instructor's Choice

The instructors vary from class to class.
The instructors are Diane Bunce, Maggie Casola & Stephanie Annunziata

PLEASE NOTE THAT PROGRAM HOURS AND INSTRUCTORS ARE SUBJECT TO CHANGE