

Fitness Member Class Schedule



CAMBRIDGE
FITNESS
WILMINGTON

	Mon	Tues	Wed	Thurs	Fri
8:00A	Aqua Blast Level 3	Aqua Blast Level 3	Aqua Blast Level 3	Aqua Blast Level 3	Aqua Blast Level 3
	Pilates Level 4		Pilates Level 4		
9:00A	Strength and Balance Level 1	Functional Fitness - Level 2	Strength and Balance Level 1	Functional Fitness - Level 2	Strength and Balance Level 1
10:00A	Aqua Tone Level 2	Mat Yoga Level 2	Aqua Tone Level 2	Mat Yoga Level 2	Aqua Tone Level 2
11:00A		Chair Yoga Level 1		Chair Yoga Level 1	
12:00P	Tai Chi All Levels		Tai Chi All Levels		Tai Chi All Levels
1:00P			Strength and Stretch Level 3-4		Strength and Stretch Level 3-4
2:00P					
2:30P					
3:00P		Aqua Tone All Levels		Aqua Tone All Levels	

OPTIMAL HEALTH.
OPTIMAL LIVING.

Group exercise schedule is subject to change due to instructor availability and substitutions may be made without notice.



OPTIMAL HEALTH.
OPTIMAL LIVING.

MAX PARTICIPANTS

Land Classes: 14 participants
Aqua Classes: 22 participants
Free Swim: 6 participants

Reservations are **REQUIRED** for free swim and group exercise classes. They can be made up to 72 hours in advance by calling 910-239-9970 or via the Cambridge Village of Wilmington App.

FREE SWIM TIME SLOTS

Locker rooms lock at 8 PM to allow for cleaning

Monday 6:15 AM, 7 AM, 9 AM, 11 AM, 12 PM, 1 PM, 2, PM, 3 PM, 4 PM, 5 PM, 6 PM, 7 PM

Tuesday 6:15 AM, 7 AM, 10 AM, 11 AM, 12 PM, 1 PM, 2, PM, 4 PM, 5 PM, 6 PM, 7 PM

Wednesday 6:15 AM, 7 AM, 9 AM, 11 AM, 12 PM, 1 PM, 2, PM, 3 PM, 4 PM, 5 PM, 6 PM, 7 PM

Thursday 6:15 AM, 7 AM, 10 AM, 11 AM, 12 PM, 1 PM, 2, PM, 4 PM, 5 PM, 6 PM, 7 PM

Friday 6:15 AM, 7 AM, 9 AM, 11 AM, 12 PM, 1 PM, 2, PM, 3 PM, 4 PM, 5 PM, 6 PM, 7 PM

Saturday 7 AM, 8 AM, 9 AM, 10 AM, 11 AM, 12 PM, 1 PM, 2, PM, 3 PM, 4 PM, 5 PM, 6 PM

Sunday 7 AM, 8 AM, 9 AM, 10 AM, 11 AM, 12 PM, 1 PM, 2, PM, 3 PM, 4 PM, 5 PM, 6 PM