

FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45a	Y FIT 45 minutes	CYCLING 45 minutes		CYCLING 45 minutes	Y FIT 45 minutes	
8:00a	LITE COMBO 60 minutes		LITE COMBO 60 minutes		8:30a CYCLING 45 minutes	
9:00a		YOGA 60 minutes		YOGA 60 minutes		
	Y FIT 45 minutes			Y FIT 45 minutes		
10:00a	ZUMBA GOLD 45 minutes				ZUMBA GOLD 45 minutes	
	PARKINSONS IN MOTION 60 minutes		PARKINSONS IN MOTION 60 minutes			Youth Center
10:15		SR STRENGTH & CARDIO 60 minutes		SR STRENGTH & CARDIO 60 minutes	Middle Gym	East Gym
5:30p	CARDIO DANCE 60 minutes	BOOTCAMP 45 minutes	CARDIO DANCE 60 minutes	BOOTCAMP 45 minutes	Dance Studio B (downstairs)	Dance Studio A (upstairs)
	Y FIT 45 minutes		Y FIT 45 minutes			

OLSON POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a	OLSON POOL OPENS @ 5:30a						
6:00a	5:45 - 6:30a BOOTCAMP		5:45 - 6:30a AQUACISE		5:45 - 6:30a AQUACISE	POOL OPENS @ 6:30a	
7:00a	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	6:30 - 7:30a BOOTCAMP	
8:00a	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	6:30 - 8:30 Lap Swim	
9:00a	8:30 - 9:30a HYDRO POWER	8:45 - 9:30a AQUA ZUMBA	8:30 - 9:30a HYDRO POWER	8:45 - 9:30a AQUA ZUMBA	8:30 - 9:30a HYDRO POWER		
10:00a	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	POOL OPENS @ 10:30a
NOON	11:30 - 1:00 LAP SWIM ONLY						
1:00p	OPEN SWIM	OPEN SWIM	1:00 - 2:30p Specialty Swim	OPEN SWIM	OPEN SWIM		OPEN SWIM
4:00p	4:00 - 6:30p Swim Lessons & Swim Team Only				4:00 - 5:30p Swim Team Only		POOL CLOSES @ 1:00p
5:00p							
6:00p	6:30 - 7:15 Skill & Drill & Lap Swim						POOL CLOSES @ 5:30p
7:15p	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM			
	OLSON POOL OPENS @ 8:30p						

ADULT FITNESS CLASSES

Boot Camp - Become one of the few, the proud, the conditioned! This class will include jogging, push-ups, circuit training and more in an easy to follow format. Intermediate to advanced level.

Y FIT - This class will include a mixture of cardio and strength in a fast paced workout setting that consists of group training, circuit training, HIIT and tabata training.

Parkinson's in Motion - Focuses on balance, strength and cognitive components to assist people with Parkinson's. Class also includes exercises to improve gait, rigidity, handwriting skills and posture.

Lite Combo - This group fitness class incorporates kickboxing, step and free aerobics. Get your heart rate up while having fun learning new low-impact exercises.

Cycling - This class will get your heart pumping while cycling on indoor stationary bikes. Cycling is a great workout that people of all fitness levels can enjoy with the freedom to make the workout as challenging as you want. The use of a hand towel and water bottle is highly recommended.

Sr. Strength & Cardio - Implements effective, research-driven physical activity programs that are scientifically proven to improve health and performance in older adults. Incorporates a cardiovascular and strength training segment using hand & ankle weights.

Yoga - Practices the fundamentals of Hatha through stretching, strengthening and proper breathing. This invigorating practice results in improved circulation, a strong body and a calm mind.

Zumba Gold - A low impact but high energy class set to motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries.

WATER BASED CLASSES

Aquacise - A moderate aerobic workout in shallow water that includes a strength training segment.

Aqua Zumba - Zumba dance and aqua fitness together in a challenging, water based workout that includes cardio conditioning & body toning.

Hydro Power - A deep water class that raises the heart rate and works all major muscle groups.

Aqua Joints - This class offers traditional range of motion exercises at a slower pace.

Water Walking - This is a very basic, low-impact, light intensity workout using the natural resistance of the water to strengthen the core, increase balance, coordination and flexibility.

THERAPY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 8:30a WATER WALKING	8:00 - 8:30a AQUA JOINTS	8:00 - 8:30a WATER WALKING	8:00 - 8:30a AQUA JOINTS		
8:30 - 10:00 ADULT THERAPY SWIM					10:00 - 10:30 WATER BABIES
10:00 - 11:30a SWIM LESSONS	10:00 - 11:30a SWIM LESSONS	10:00 - 11:30a SWIM LESSONS	10:00 - 11:30a SWIM LESSONS		10:30 - 12:00p OPEN SWIM
4:00 - 5:30p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS	4:00 - 5:30p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS		
5:45 - 6:30p AQUA ZUMBA		5:45 - 6:30p AQUA ZUMBA			

FREE CHILDWATCH

while parent/guardian uses the facility

Ages: 6 weeks - 3rd grade

MONDAY - FRIDAY

8:20 - 10:20a

MONDAY - THURSDAY

5:00 - 7:00p

SATURDAY

8:00 - 12:00