

**pool****MONDAY**

6:30 -7:30 am	Lap Swim
7:30 - 8:15 am	Adult Swim Lessons
8:15- 8:45 am	Open Plunge
8:45 -9:30 am	Water Aerobics
9:30 -10:30 am	Open Plunge
10:30 -11:15 am	Water Aerobics
11:15 -12:45 pm	Lap Swim
12:45 -1:30 pm	Arthritis Exercise
1:30 - 3:30 pm	Summer Daze
3:30 - 4:45 pm	Open Plunge
4:45 - 5:30 pm	Energy Splash

**TUESDAY**

6:30 -7:15 am	Water Aerobics
7:15-8:00 am	Lap Swim
8:00 - 8:45 am	Water Aerobics
8:45 - 9:30 am	Water Aerobics
9:30 - 10:30 am	Open Plunge
10:30 - 11:15 am	Summer Daze
11:15 a.m.-12:45pm	Lap Swim
12:45 - 4:45 pm	Open Plunge
4:45 - 5:30 pm	Water Aerobics
5:30 - 7:00 pm	Swim Lessons

**WEDNESDAY**

6:30 - 8:00 am	Lap Swim
8:00 - 8:45 am	Open Plunge
8:45 - 9:30 am	Water Aerobics
9:30 - 10:30 am	Open Plunge
10:30 - 11:15 am	Water Aerobics
11:15 - 12:45 pm	Lap Swim
12:45 - 1:30 pm	Arthritis Exercise
1:30 - 3:30 pm	Summer Daze
3:30 - 4:45 pm	Open Plunge
4:45 - 5:30 pm	Energy Splash

**THURSDAY**

6:30-7:15 am	Water Aerobics
7:15-8:00 am	Lap Swim
8:00 - 8:45 am	Water Aerobics
8:45 - 9:30 am	Water Aerobics
10:30 - 11:15 am	Summer Daze
11:15am - 12pm	Open Plunge
12:00 - 1:00 pm	Lap Swim
1:00 - 2:00 pm	Wize Girlz
2:00 - 4:45 pm	Open Plunge
4:45 - 5:30 pm	Water Aerobics
5:30 - 7:00 pm	Swim Lessons

**FRIDAY**

6:30-8:45 am	Lap Swim
8:45-9:30 am	Water Aerobics
9:30 -10:30 am	Open Plunge
10:30 -11:15 am	Water Aerobics
11:15 -12:45 pm	Lap Swim
12:45 -1:30 pm	Arthritis Exercise
1:30 - 2:30 pm	Summer Daze
2:30 - 4:45 pm	Open Plunge
4:45- 5:30 pm	Energy Splash

**SATURDAY**

7:30 - 8:15 am	Water Aerobics
8:30 -11:30 am	Swim Lessons

**gymnasium****MONDAY**

6:30 - 7:15 am	AM Total Toning
7:30 - 9:30 am	Summer Daze
10:30 - 11:15 am	Silver Sneakers
12:05 - 12:50 pm	Fitness Training Extreme
1:00 - 3:00 pm	Summer Daze
3:00 - 4:00 pm	OPEN
4:00 - 6:00 pm	Summer Daze
6:45 - 7:45 pm	Tae Kwon Do *
7:10 - 8:00 pm	Belly Dance

**TUESDAY**

7:30 - 11:00 am	Summer Daze
12:05 - 12:50 pm	Pilates
1:00 - 2:00 pm	Wize Girlz
2:00 - 4:00 pm	OPEN
4:00 - 6:00 pm	Summer Daze

**WEDNESDAY**

6:30 - 7:15 am	AM Total Toning
7:30 - 9:30 am	Summer Daze
10:30 - 11:15 am	Silver Sneakers
12:05 - 12:50 pm	Fitness Training Extreme
1:00 - 6:30 pm	OPEN
6:45 - 7:45 pm	Tae Kwon Do *

**THURSDAY**

7:30 - 11:00 am	Summer Daze
12:05 - 12:50 pm	Pilates
1:00 - 3:00 pm	Summer Daze
3:00 - 4:00 pm	OPEN
4:00 - 6:00 pm	Summer Daze

**FRIDAY**

6:30 - 7:15 am	AM Total Toning
7:30 - 9:30 am	Summer Daze
9:30 - 10:00 am	OPEN
10:30 -11:15 am	Silver Sneakers
12:05 - 12:50 pm	Fitness Training Extreme
1:00 - 2:00 pm	Wize Girlz
2:00 - 4:00 pm	OPEN
4:00 - 6:00 pm	Summer Daze

**SATURDAY**

8am - 1:00 pm	OPEN
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\*see front desk for meeting site

**body shop****MONDAY**

6:00 am - 7:00 pm	OPEN
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**TUESDAY**

6:00 am -10:30 am	OPEN
10:30 - 11:15 am	Body Basics
11:15am- 7:45 pm	OPEN

**WEDNESDAY**

6:00 am-7:00 pm	OPEN
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**THURSDAY**

6:00 am -10:30 am	OPEN
10:30 - 11:15 am	Body Basics
11:15am - 7:45 pm	OPEN

**FRIDAY**

6:00 am-7:00 pm	OPEN
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**SATURDAY**

7:30 am-1:00 pm*	OPEN
*(earlier closing time as of June 2)	

Special events and circumstances sometimes affect scheduled open gym, open swim and class times. Please watch the building for posted signs about schedule changes.

Pool -

Girl Scouts  
Thursday, June 28 1-3pm

**June 18-30, 2018**

**Building Schedule**

**eliminating racism  
empowering women**

**ywca**

**Black Hawk County**