

pool

MONDAY

6:30 – 7:30 am	Lap Swim
7:30 – 8:15 am	Adult Lessons (done June 12)
7:30 – 8:15 am	Open Plunge (as of June 19)
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
5:30 – 6:15 pm	Water Aerobics
6:15 – 7:00 pm	Open Plunge

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. – 12:45 pm	Lap Swim
12:45 – 1:00 pm	Open Plunge
1:00 – 2:00 pm	Summer Wize Girlz
2:00 – 4:45 pm	Open Plunge
4:45 – 5:30 pm	Water Aerobics

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
5:30 – 6:15 pm	Water Aerobics
6:15 – 7:00 pm	Open Plunge

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
9:30 – 12 noon	Open Plunge
12:00 – 1:00 pm	Lap Swim
1:00 – 4:45 pm	Open Plunge
4:45 – 5:30 pm	Water Aerobics

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
5:30 – 6:15 pm	Water Aerobics
6:15 – 7:00 pm	Family Plunge

SATURDAY –

***See box to the right**

gymnasium

MONDAY

6:30 – 7:15 am	AM Total Toning
7:30 – 10:15 am	OPEN
10:30–11:15 am	Silver Sneakers
12:05 – 12:50 pm	Fitness Training Extreme
1:00 – 4:00 pm	OPEN
7:00 – 7:50 pm	Belly Dance* (done July 31)
6:45–7:45 pm	Tae Kwon Do*

TUESDAY

7:45 – 11:00 am	OPEN
12:05 – 12:50 pm	Pilates
1:00 – 5:00 pm	OPEN

WEDNESDAY

6:30 – 7:15 am	AM Total Toning
7:30 – 10:15 am	OPEN
10:30–11:15 am	Silver Sneakers
12:05 – 12:50 pm	Fitness Training Extreme
1:00 – 5:00 pm	OPEN
6:45 – 7:45 pm	Tae Kwon Do

THURSDAY

7:45 – 11:00 am	OPEN
12:05 – 12:50 pm	Pilates
1:00 – 2:00 pm	Summer Wize Girlz
2:00 – 5:00 pm	OPEN

FRIDAY

6:30 – 7:15 am	AM Total Toning
7:30 – 10:15 am	OPEN
10:30 – 11:15 am	Silver Sneakers
12:05 – 12:50 pm	Fitness Training Extreme
1:00 – 5:00 pm	OPEN

SATURDAY

9:00 am–1:00 pm	OPEN
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*see front desk for meeting site

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

Saturdays in the pool:

June 3, 10, 17 & 24

7:30–8:15am	Water Aerobics
8:30–11:30am	Youth Lessons

June 12–August 11

Summer Daze and Summer Wize Girlz will be using the pool several days during the week. -*see schedule to left.

Beginning July 1

7:30–8:15am	Water Aerobics
8:15–10:30am	Family Plunge

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–3:00 pm	OPEN
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The YWCA building will be
CLOSED July 4th.

Holli's Academy of Dance will be
in the Gym:

Monday, June 5 4:30–8pm

Tuesday, June 6 5–8pm

Wednesday, June 7 4:15–6pm

June / July / August 2017

Building Schedule

**eliminating racism
empowering women**

ywca

Black Hawk County