

**pool****MONDAY**

6:30 -7:30 am Lap Swim  
 7:30 - 8:15 am Open Plunge  
 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 - 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 - 11:15 am Open Plunge  
 11:15 a.m.-12:45pm Lap Swim  
 12:45 - 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  
 1:30-4:45 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 - 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 -**

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

**gymnasium****MONDAY**

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**

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**

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

\*see front desk for meeting site

**body shop****MONDAY**

6:00 am - 7:00 pm OPEN

**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

**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

**SATURDAY**

7:30 am-1:00 pm OPEN

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

**eliminating racism  
 empowering women**  
**ywca**  
 Black Hawk County

**August 2017**

**Building Schedule**