

**pool**

**MONDAY**

6:30 –7:30 am	Lap Swim
7:30 – 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
1:45 - 2:45 pm	Preschool Swim
2:45 - 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
5:30 - 7:45 pm	Youth 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 - 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
5:30 - 7:45 pm	Youth 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	Montessori
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 –**

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

**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
4:30 - 8:00 pm	Rental *
6:10 - 8:00 pm	Belly Dance *
6:45 - 7:45 pm	Tae Kwon Do *

**TUESDAY**

7:45 - 11:00 am	OPEN
12:05 - 12:50 pm	Pilates
1:00 - 4:00 pm	OPEN
4:30 - 7:30 pm	Rental

**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 - 3:45 pm	OPEN
4:15 - 6:30 pm	Rental
5:15 - 6:45 pm	Yoga *
6:45 - 7:45 pm	Tae Kwon Do *

**THURSDAY**

7:45 - 11:00 am	OPEN
12:05 - 12:50 pm	Pilates
1:00 - 4:00 pm	OPEN
4:30 - 7:30 pm	Rental
5:30–7:45 pm	Dance*

**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 - 11:15 am	Gymnastics*
11:30 am - 1:00 pm	OPEN
1:30 - 3:00 pm	Rental

**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–3:00 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.

**Children in the pool:**  
***Closed to others during these times.***

Feb 15	2:30-4:30pm
Feb 16	2:30-4:30pm
Feb 23	2:30-4:30pm
Feb 26	1:45-3:45pm

**February 2018**

**Building Schedule**

**eliminating racism  
empowering women**



**Black Hawk County**