

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 - 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.-12:45 pm	Lap Swim
12:45- 4:45 pm	Open Plunge
4:45-5:30 pm	Water Aerobics
5:30-7:45 pm	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
2:00 - 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

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
5:30-7:30 pm	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
8:30am - 12noon	Lessons
12noon - 1:00 pm	Lap Swim
1:00 - 3:00 pm	Family Plunge

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
4:30-7:45 pm	Rental
5:30 - 7:45 pm	Gymnastics*

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 - 4:30 pm	OPEN
4:30 - 7:45 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 am-1:30 pm	OPEN
1:30-3:00 pm	Rental

*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.

April 2017**Building Schedule****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- 5:30 pm	OPEN
5:30 - 6:15 pm	OPEN**
6:15 - 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- 5:30 pm	OPEN
5:30 - 6:15 pm	OPEN**
6:15 - 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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**Total Body Blast will not be meeting from April 4-May 4. The Body Shop will be OPEN those days from 11:15am-7:45pm, until class resumes on May 9.

Children in the swimming pool:
Tuesday, April 4
Thursday, April 6
3:15-4:15 pm *closed to others

Friday, April 14
Friday, April 21
2:30-4:00pm *closed to others

The swimming pool will be CLOSING at:

1:30pm Friday, April 7

1:00pm Tuesday, April 25

**eliminating racism
empowering women**

ywca

Black Hawk County