



MAY 2019 LC Ward 3 Recreation-SWIMMING POOL

FACILITY HOURS MON-FRI 6AM-8PM SAT 8AM-2PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 5:30PM	2 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	3 WATER AEROBICS 6:30AM	4 Mock Swim Meet 8:00 AM & 11:00AM
5 P	6 WATER AEROBICS 6:30AM AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 6:00PM	7 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	8 AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 5:30PM	9 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	10 WATER AEROBICS 6:30AM	11 Kent Shepard Barbe Tryouts 8:00AM-11:00AM
12 O	13 WATER AEROBICS 6:30AM AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 6:00PM	14 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	15 AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 5:30PM	16 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	17 WATER AEROBICS 6:30AM	18
19 O	20 WATER AEROBICS 6:30AM AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 6:00PM	21 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	22 AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 5:30PM	23 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	24 WATER AEROBICS 6:30AM	25
26 L	27 *NO CLASSES Memorial Day Hours 6:00AM-5:00PM	28 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	29 AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 5:30PM	30 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	31 WATER AEROBICS 6:30AM	

Water Aerobics-Class combines Cardio and strength training designed to burn fat while strengthening and toning muscles. Suitable for all fitness levels.

Get Fit with Denise-Fun cardio and toning class designed for all fitness levels.

Aqua Flex-Taking Yoga to the water stretching to improve muscle strength and flexibility.

Aqua Blast-Fun cardio and strength training class designed to burn fat and tone muscles while having a blast in the water.