

January 2022 LC Ward 3 Recreation-Natatorium Schedule



Mon-Fri 6am-8pm
Sat 8am-12pm



Annoucement	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Therapeutic pool is CLOSED when classes are going on.						1 Open Swim 8a-12
Aqua Flex- 25 per Class	3 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	4 Open Swim 6a-8p 6p Aqua Blast	5 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	6 Open Swim 8a-12p 6p Aqua Blast	7 Open Swim 6a-8p	8 Open Swim 8a-12
Aqua Therapy-12 Per Class	10 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	11 Open Swim 6a-8p 6p Aqua Blast	12 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	13 Open Swim 6a-8p 6p Aqua Blast	14 Open Swim 6a-8p	15 Open Swim 8a-12
Aqua Blast- 25 per Class	18 Open Swim 6a-8p 6p Aqua Blast	19 Open Swim 6a-5p 9:00a Aqua Flex 1:15p Aqua Therapy	20 Open Swim 6a-8p 6p Aqua Blast	21 Open Swim 6a-8p	22 Open Swim 8a-12	22 Open Swim 8a-12
<p>“</p> <p>Stay committed to your decisions, but stay flexible in your approach.</p> <p>TONY ROBBINS</p> <p>GH</p>		24/31 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	25 Open Swim 6a-8p 6p Aqua Blast	26 Open Swim 6a-5p 9:00a Aqua Flex 1:15p Aqua Therapy	27 Open Swim 6a-8p 6p Aqua Blast	28 Open Swim 6a-8p
	24/31 Open Swim 6a-8p 9:00a Aqua Flex 1:15p Aqua Therapy	25 Open Swim 6a-8p 6p Aqua Blast	26 Open Swim 6a-5p 9:00a Aqua Flex 1:15p Aqua Therapy	27 Open Swim 6a-8p 6p Aqua Blast	28 Open Swim 6a-8p	29 Open Swim 8a-12

Class combines Cardio & Strength training designed to burn fat while strengthening & toning muscles. Suitable for all fitness levels.

Aqua Flex-Taking Yoga to the water stretching ton improve strength & flexibility.

Aqua Therapy- Basic movements and stretching, NON IMPACT. For those with extreme ailments.

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

