

## Fitness Lifestyles Pool Schedule

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Lap swim 5:00 – 7:00 a.m. Open Swim/ Limited Lap 7-8 a.m.</i>	<i>Lap swim 5:00 – 7:00 a.m. Open Swim/ Limited Lap 7-8 a.m.</i>	<i>Lap swim 5:00 – 7:00 a.m. Open Swim/ Limited Lap 7-8 a.m.</i>	<i>Lap swim 5:00 – 7:00 a.m. Open Swim/ Limited Lap 7-8 a.m.</i>	<i>Lap swim 5:00 – 7:00 a.m. Open Swim/ Limited Lap 7-8 a.m.</i>	<i>Lap Swim 6:00 – 8:15 a.m.</i>	<i>Lap Swim 7:00 – 8:15 a.m.</i>
<i>Bodies in Motion 8:00 - 8:45 a.m.</i>	<i>Silver Sneakers Splash 8:00 - 9:00 a.m.</i>	<i>Deep Water Workouts 8:00 – 9:00 a.m.</i>	<i>Silver Sneakers Splash 8:00 - 9:00 a.m.</i>	<i>Bodies in Motion 8:00 - 9:00 a.m.</i>	<i>Open Swim 8:15 a.m. – 4:45 p.m.</i>	<i>Open Swim 8:15 a.m. – 4:45 p.m.</i>
<i>Silver Sneakers Splash 9:15 - 10:00 a.m.</i>	<i>Arthritis Stretch 9:00 - 10:00 a.m.</i>	<i>Social Swim 9:00– 10:00 a.m</i>	<i>Arthritis Stretch 9:00 - 10:00 a.m.</i>	<i>Social Swim 9:00 - 10:00 a.m.</i>		
<i>Aqua Movers 10:00 - 11:00 a.m.</i>	<i>Gentle Aquacise 10:00 - 11:00 am</i>	<i>Aqua Movers 10:00 - 11:00 a.m.</i>	<i>Gentle Aquacise 10:00 - 11:00 a.m.</i>	<i>Aqua Movers 10:00 - 11:00 am</i>		
<i>Grounded Aquacise 11:00 - Noon</i>	<i>Soft Aquacise 11:00 - Noon</i>	<i>Aqua Yoga 11:00 - Noon</i>	<i>Soft Aquacise 11:00 - Noon</i>	<i>Grounded Aquacise 11:00 - Noon</i>		
<i>Open Swim/ Limited Lap Swim 12:00 – 5:30 p.m.</i>	<i>Open Swim/ Limited Lap Swim 12:00 – 5:15 p.m.</i>	<i>Open swim 12:00 – 4:15 pm</i>	<i>Open swim/ Limited lap swim 12:00 – 5:15 pm</i>	<i>Open Swim/ Limited Lap Swim 12:00 - 7:45 p.m.</i>		
<i>Aqua Fusion 5:30- 6:15 p.m. (Begins Oct 21)</i>	<i>Aqua Kick 5:15 -6:00 pm</i>	<i>Swim Lessons (Pool is closed) 4:15 – 7:15 pm</i>	<i>Aqua Cardio Workout 5:15 -6:15 pm</i>			
<i>Open Swim/Limited Lap Swim 6:15 - 8:45 p.m.</i>	<i>Open Swim/ Limited Lap swim 6:00 – 8:45 p.m.</i>	<i>Open Swim 7:15 - 8:45 p.m.</i>	<i>Open Swim/ Limited Lap swim 6:15 – 8:45pm</i>			

**Saturday Swim Lessons &  
Pool Parties - As Scheduled  
(Pool will remain open)**