

March Schedules

Next Month
Spotlight Groups - Boy & Girl Scouts Saturday, April 4 LCO Students Saturday, April 25
Northlakes Community Puzzle Challenge - Sponsored by JLAAC Saturday, April 4
Physical Activity for Lifelong Success (PALS) Starts Monday, April 6
JLAAC Pool Egg Hunt Saturday, April 11
Exploring SPORTS Starts Saturday, April 18
Walking Club Starting in April
Private Adult Swim Lessons



Facility Hours
Day Pass Access Daily 8:00 AM - 6:00 PM
Member Access Monday - Friday 5:00 AM - 8:30 PM Saturday & Sunday 7:00 AM - 7:00 PM



Key

^ Pre-Registration Required (online or at JLAAC) ~ Sign-in when you arrive

B: Banquet Room **C:** Conference Room **S:** Group Fitness Studio **G:** Gymnasium **L:** Lounge
M: Upper Multi-Purpose Room **O:** Oak Room **P:** Pool **T:** Track

*Subject to Change

Jack Link's Aquatic & Activity Center **Fitness Calendar***

R'03/02/20

Monday	Tuesday	Wednesday	Thursday	Friday
6:30a (30) Dan A Core Essentials ~ Studio (No Class 3/9)	9:00a (50) Peggy S Country Heat ~ Studio	6:00a (30) Dan A O ₂ Burn ~ Gymnasium	9:00a (50) Peggy S Country Heat ~ Studio	6:00a (30) Dan A O ₂ Burn ~ Gymnasium
8:00a (40) Dan A Muscular Longevity ~ Studio (Sub Class 3/9)	10:00a (50) Robin K Pilates ~ Studio (Sub Class 3/10)	9:00a (45) Robin K Silver & Fit: Experience ~ Studio	10:00a (50) Robin K Pilates ~ Studio	8:00a (40) Dan A Muscular Longevity ~ Studio
9:00a (40) Dan A Muscular Longevity ~ Studio (Sub Class 3/9)	11:15a (50) Robin K Deep WF ~ Pool (Sub Instructor 3/10)	10:00a (45) Robin K SilverSneakers: EnerChi ~ Studio	11:15a (50) Robin K Deep WF ~ Pool	9:00a (50) Cindy C Yoga ~ Studio (Sub Class 3/13)
10:00a (30) Dan A Interval Cardio ~ Track (No Class 3/9)	11:45a (30) Dan A Static Stretching ~ Studio (Sub Instructor 3/10)	10:00a (50) Member-Led Aqua Strength & Balance ~ Pool	11:45a (30) Dan A Static Stretching ~ Studio	10:00a (30) Dan A Interval Cardio ~ Track
10:00a (50) Member-Led Aqua Strength & Balance ~ Pool	12:30p (45) Robin K Silver & Fit: Experience ~ Studio (No Class 3/10)	11:00a (45) Robin K SilverSneakers: SPLASH ~ Pool	4:45p (30) Dan A Golf Performance ~ Studio	10:00a (50) Member-Led Aqua Strength & Balance ~ Pool
11:30a (50) Cindy C Yoga Basics ~ Studio	4:45p (30) Dan A Golf Performance ~ Studio (No Class 3/10)	11:45a (30) Dan A Static Stretching ~ Studio	5:30p (30) Dan A Core Essentials ~ Studio	
4:00p (45) Hunter A Optimum ~ Studio	5:30p (30) Dan A Core Essentials ~ Studio (No Class 3/10)	4:00p (45) Hunter A Optimum ~ Studio	6:00p (40) Dan A Muscular Longevity ~ Studio	
	6:00p (40) Dan A Muscular Longevity ~ Studio (No Class 3/10)	5:30p (45) Peggy S Step It Up ~ Gymnasium		

Additional Fitness/Wellness Options

Fitness Center 101^:
Wednesdays @ 6:00 PM
Saturday, March 14 @ 10:00 AM

Fitness Center 202^:
Mondays @ 6:00 PM Wednesdays @ 8:00 AM
Saturday, March 14 @ 9:00 AM

**Personal Training Sessions are available.
Pick up a PT Request form at the
Welcome Desk.**



Community Calendar*

R'02/28/20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Coffee with a Cop ~ 9 - 10 AM (L)	3	4 Wellness Wednesday ~ Walk the track for \$1 (T)	5	6	7 Spring Cleaning Thrift & Vendor Fair ~ 10 AM - 1 PM (O/B) Knitting Club ~ 10:30 AM - 12 PM (C)
8	9	10	11 Wellness Wednesday ~ Walk the track for \$1 (T) Coffee & Games 9 - 11 AM Presentation 9 - 9:45 AM	12	13	14 March Spotlight Group~ Spoooner Students FREE; 2 Adults 1/2 Price w/ Student
15	16	17	18 Wellness Wednesday ~ Walk the track for \$1 (T)	19	20	21 Knitting Club ~ 10:30 AM - 12 PM (C)
22 Anniversary Basketball Competitions ~ 12 PM (G/M)	23	24 JLAAC's 2 Year Anniversary!!	25 Wellness Wednesday ~ Walk the track for \$1 (T) Coffee & Games 9 - 11 AM Presentation 9 - 9:45 AM	26 Business After 5 ~ 5 PM (B)	27	28 Father Daughter Dance^ 5:30 PM (B)
29	30	31	April 1	2	3	4 April Spotlight Group! ~ Boy & Girl Scouts FREE; 2 Adults 1/2 Price w/ Scout Community Puzzle Event ~ 10 AM (O)

March Wellness Wednesdays

Every Wednesday: Walk the track for just \$1!

2nd and 4th Wednesdays: Coffee, Games & Presentation are FREE. Presentation Topic: **Falls, Prevention & How to Get Up.**

Senior Day Pass: \$7.50. Day Passes can get you into the Pool, Gymnasium, Fitness Center and Fitness Classes

Knitting Saturdays:

No fee. No Registration deadline.

Meets every other Saturday.

Winter/Spring Session ends March 21.

See program and event details through www.JLAAC.org or on Facebook.

Register online through www.JLAAC.org or at the Welcome Desk. Call (715) 972 8320 for any questions.



Instructional Calendar*

R'02/28/20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Youth Swim Lessons ^ 4 - 6 PM (P)	2	3	4	5	6	7 Tumbling ^ 8:15 AM - 12 PM (S/G) Kung Fu San Soo ~ 10 - 11:15 AM (G)
8 Youth Swim Lessons ^ 4 - 6 PM (P)	9	10	11 Dance Movement/ Beginnings ^ 5 - 5:45 PM (S) Adult & Pediatric First Aid/CPR/AED (BL)^ 5:45 - 7:45 PM (M)	12	13	14 Tumbling ^ 8:15 AM - 12 PM (S/G) Kung Fu San Soo ~ 10 - 11:15 AM (G)
15 Youth Swim Lessons ^ 4 - 6 PM (P)	16	17 PALS (Session 1)^ 1:30 - 2:30 PM (S)	18 Dance Movement/ Beginnings ^ 5 - 5:45 PM (S)	19 PALS (Session 1)^ 1:30 - 3 PM (S)	20 PALS (Session 1)^ 1:30 - 2:30 PM (S)	21 Tumbling ^ 8:15 AM - 12 PM (S/G) Kung Fu San Soo ~ 10 - 11:15 AM (G)
22 Youth Swim Lessons ^ 4 - 6 PM (P)	23	24 PALS (Session 1)^ 1:30 - 2:30 PM (S)	25 Dance Movement/ Beginnings ^ 5 - 5:45 PM (S)	26 PALS (Session 1)^ 1:30 - 3 PM (S)	27 PALS (Session 1)^ 1:30 - 2:30 PM (S)	28 Tumbling ^ 8:15 AM - 12 PM (S/G) Lifeguard Training (BL)^ 9 - 3 PM (P/M) Kung Fu San Soo ~ 10 - 11:15 AM (G) Dance Recital 1:30 PM (Hayward)
29 Lifeguard Training (BL)^ 9 - 3 PM (P/M)	30	31 PALS (Session 1)^ 1:30 - 2:30 PM (S) Guided Painting Art Class ^ CASH BAR! 5:30 - 7:30 PM (O)	April 1 Tumbling Make-up Day^ 4:30 - 8:00 PM (S)	2 PALS (Session 1)^ 1:30 - 3 PM (S)	3 PALS (Session 1)^ 1:30 - 2:30 PM (S)	4 Lifeguard Training (BL)^ 9 - 3 PM (P/M) Kung Fu San Soo ~ 10 - 11:15 AM (G) Tumbling Showcase ~ 4 PM (G)