

# FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45a	Total Body Conditioning 45 minutes	<b>CYCLING</b> 45 minutes		<b>CYCLING</b> 45 minutes	Total Body Conditioning 45 minutes	
8:00a	<b>LITE COMBO</b> 60 minutes		<b>LITE COMBO</b> 60 minutes		8:30a <b>CYCLING</b> 45 minutes	
9:00a		<b>YOGA</b> 60 minutes		<b>YOGA</b> 60 minutes		
	<b>Y FIT</b> 45 minutes			<b>Y FIT</b> 45 minutes		
10:00a	<b>ZUMBA GOLD</b> 45 minutes				<b>ZUMBA GOLD</b> 45 minutes	
	<b>PARKINSONS IN MOTION</b> 60 minutes		<b>PARKINSONS IN MOTION</b> 60 minutes			<b>Youth Center</b>
10:15		<b>SR STRENGTH &amp; CARDIO</b> 60 minutes		<b>SR STRENGTH &amp; CARDIO</b> 60 minutes		<b>Middle Gym</b> <b>East Gym</b>
5:30p	<b>CARDIO DANCE</b> 60 minutes	<b>BOOTCAMP</b> 45 minutes	<b>CARDIO DANCE</b> 60 minutes	<b>BOOTCAMP</b> 45 minutes	<b>Dance Studio B</b> (downstairs)	<b>Dance Studio A</b> (upstairs)
	<b>Y FIT</b> 45 minutes	<b>ZUMBA</b> 60 minutes	<b>Y FIT</b> 45 minutes	<b>ZUMBA</b> 60 minutes		

# OLSON POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a	OLSON POOL OPENS @ 5:30a						
6:00a	5:45 - 6:30a BOOTCAMP	OPEN SWIM	5:45 - 6:30a AQUACISE	OPEN SWIM	5:45 - 6:30a AQUACISE	6:30 - 8:30 Lap Swim	Lap Swim
7:00a	OPEN SWIM		7:45 - 8:30a AQUACISE		7:45 - 8:30a AQUACISE		
8:00a	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	Lap Swim	Lap Swim
9:00a	8:30 - 9:30a HYDRO POWER	8:45 - 9:30a AQUA ZUMBA	8:30 - 9:30a HYDRO POWER	8:45 - 9:30a AQUA ZUMBA	8:30 - 9:30a HYDRO POWER		
10:00a	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
NOON	11:30 - 1:00 LAP SWIM ONLY						
1:00p	OPEN SWIM	OPEN SWIM	1:00 - 2:30p Specialty Swim	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
4:00p	4:00 - 6:30p Swim Lessons & Swim Team Only				4:00 - 5:30p Swim Team Only		POOL CLOSES @ 1:00p
5:00p							
6:00p	6:30 - 7:15 Skill & Drill & Lap Swim						POOL CLOSES @ 5:30p
7:15p	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
	OLSON POOL OPENS @ 8:30p						

# ADULT FITNESS CLASSES

**Boot Camp** - Become one of the few, the proud, the conditioned! This class will include jogging, push-ups, circuit training and more in an easy to follow format. Intermediate to advanced level.

**Y FIT** - This class will include a mixture of cardio and strength in a fast paced workout setting that consists of group training, circuit training, HIIT and tabata training.

**Parkinson's in Motion** - Focuses on balance, strength and cognitive components to assist people with Parkinson's. Class also includes exercises to improve gait, rigidity, handwriting skills and posture.

**Lite Combo** - This group fitness class incorporates kickboxing, step and free aerobics. Get your heart rate up while having fun learning new low-impact exercises.

**Cycling** - This class will get your heart pumping while cycling on indoor stationary bikes. Cycling is a great workout that people of all fitness levels can enjoy with the freedom to make the workout as challenging as you want. The use of a hand towel and water bottle is highly recommended.

**Sr. Strength & Cardio** - Implements effective, research-driven physical activity programs that are scientifically proven to improve health and performance in older adults. Incorporates a cardiovascular and strength training segment using hand & ankle weights.

**Yoga** - Practices the fundamentals of Hatha through stretching, strengthening and proper breathing. This invigorating practice results in improved circulation, a strong body and a calm mind.

**Zumba Gold** - A low impact but high energy class set to motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries.

## WATER BASED CLASSES

**Aquacise** - A moderate aerobic workout in shallow water that includes a strength training segment.

**Aqua Zumba** - Zumba dance and aqua fitness together in a challenging, water based workout that includes cardio conditioning & body toning.

**Hydro Power** - A deep water class that raises the heart rate and works all major muscle groups.

**Aqua Joints** - This class offers traditional range of motion exercises at a slower pace.

**Water Walking** - This is a very basic, low-impact, light intensity workout using the natural resistance of the water to strengthen the core, increase balance, coordination and flexibility.

### THERAPY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 8:30a WATER WALKING	8:00 - 8:30a AQUA JOINTS	8:00 - 8:30a WATER WALKING	8:00 - 8:30a AQUA JOINTS		
8:30 - 10:00 ADULT THERAPY SWIM					10:00 - 10:30 WATER BABIES
10:00 - 11:30a SWIM LESSONS	10:00 - 11:30a SWIM LESSONS	10:00 - 11:30a SWIM LESSONS	10:00 - 11:30a SWIM LESSONS		10:30 - 12:00p OPEN SWIM
4:00 - 5:30p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS	4:00 - 5:30p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS		
5:45 - 6:30p AQUA ZUMBA		5:45 - 6:30p AQUA ZUMBA			

### FREE CHILDWATCH

while parent/guardian uses the facility

Ages: 6 weeks - 3rd grade

MONDAY - FRIDAY

8:20 - 10:20a

MONDAY - THURSDAY

5:00 - 7:00p

SATURDAY

8:00 - 12:00