

FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45a	Total Body Conditioning 45 minutes	CYCLING 45 minutes		CYCLING 45 minutes	Total Body Conditioning 45 minutes	
8:30a					CYCLING 45 minutes	
9:00a	Y FIT 45 minutes	YOGA 60 minutes		YOGA 60 minutes		
10:00a	ZUMBA GOLD 45 minutes			Y FIT 45 minutes		ZUMBA GOLD 45 minutes
10:15	PARKINSONS IN MOTION 60 minutes		PARKINSONS IN MOTION 60 minutes			Youth Center
10:15		SR STRENGTH & CARDIO 60 minutes		SR STRENGTH & CARDIO 60 minutes	Middle Gym	East Gym
5:30p	CARDIO DANCE 60 minutes		CARDIO DANCE 60 minutes		Dance Studio B (downstairs)	Dance Studio A (upstairs)
	Y FIT 45 minutes	ZUMBA 60 minutes	Y FIT 45 minutes	ZUMBA 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		5:45 - 6:30a AQUACISE		5:45 - 6:30a AQUACISE	POOL OPENS @ 6:30a	
7:00a	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	6:30 - 8:30 Lap Swim	
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	
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	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	POOL OPENS @ 1:00p
3:30p	3:45 - 8:30p Swim Lessons & Swim Team (Lap Swim 6:30 - 8:30p)		3:45 - 7:30p Swim Lessons & Swim Team	3:45 - 8:30p Swim Lessons & Swim Team		4:00 - 5:30 Swim Team	POOL CLOSING @ 5:00p
5:00p			Lap Swim 6:30-8:30			Lap Swim 6:30-8:30	
6:00p			OPEN SWIM				
7:30p	OLSON POOL CLOSING @ 8:30p						

ADULT FITNESS CLASSES

Total Body Conditioning - A multi level full body workout that targets all of the major muscle groups! This workout is designed to contain challenging exercises and cardio that will increase overall conditioning.

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.

Cardio Dance - An awesome dance-based total workout. Cardio and resistance.

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.

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.

Zumba - This class combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses variety of styles in its routines. Including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco and Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body.

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 AQUACISE		5:45 - 6:30p AQUACISE			

FREE CHILDWATCH

while parent/guardian uses the facility

Ages: 6 weeks - 3rd grade

MONDAY & THURSDAY

8:20 - 10:20a

MONDAY - THURSDAY

4:30 - 6:30p

SATURDAY

9:00 - 11:00a