

# FITNESS POOLS

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7am		<b>Water Workout</b> 7:15-8am (Shawn)		<b>Water Workout</b> 7:15-8am (Michelle)	
8:30am	<b>Water Workout</b> 8:30-9:20am (Amelia)	<b>Deep Water Exercise</b> 8:30-9:20am (Shawn)	<b>Water Workout</b> 8:30-9:20am (Amelia)	<b>Deep Water Exercise</b> 8:30-9:20am (Shawn)	<b>Water Workout</b> 8:30-9:20am (Kathryn)
11am	<b>Just My Speed</b> 11:15-12 (Amelia)		<b>Just My Speed</b> 11:15-12 (Amelia)		<b>Just My Speed</b> 11:15-12 (Kathryn)
12pm	<b>Stretch &amp; Tone</b> 12-12:55 (Kathryn)	<b>Stretch &amp; Tone</b> 12-12:55 (Deb)	<b>Stretch &amp; Tone</b> 12-12:55 (Laurie)	<b>Stretch &amp; Tone</b> 12-12:55 (Kathryn)	
1pm					
5:30pm				<b>Aqua Combat</b> 5:45-6:30 (John)	
7:30pm		<b>Easy Does It</b> 7:30-8:20pm (Kathryn)		<b>Easy Does It</b> 7:30-8:20pm (Kathryn)	

 Lap Pool

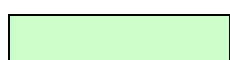
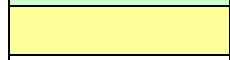

 Warm Pool

# BORGESS SPINE POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8am	<b>Morning Energizer</b> 8-8:50 (Michelle)		<b>Morning Energizer</b> 8-8:50 (Amy)		
9am	<b>Ai Chi</b> 9-9:30am (Kathie)		<b>Ai Chi</b> 9-9:30am (Kathie)		<b>Ai Chi</b> 9-9:30am (Kathie)
10am					<b>Aqua Yoga</b> 10-10:50am (Kathie)
11am					<b>Pilates/Yoga Fusion</b> 11-11:50am (Kathie)
Evening	<b>Aqua Zumba</b> 7:10-8pm (Michelle)			<b>Aqua Zumba</b> 7:30-8:20 (Michelle)	

# Warm Water Pool Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
5:30-7:30	<b>Open</b>										
7:30-9:00						Open 7-9:15					
9:-10:00						<b>Deep End Open</b>					Swim Lesson Deep End Open 9:15 - 12:30
10-11:00	<b>CLOSED</b>										
11-12:00	<b>Free to Member Class: Deep End Open</b>										
12-1:00											
1-2:00	Youth Lessons: Deep End Open		Youth Lessons: Deep End Open			Open	Open & Family Swim				
2-3:00	<b>Open</b>					<b>CLOSED FOR RENTALS 2-3</b>					
3-4:00						<b>Open</b>					<b>OPEN &amp; FAMILY SWIM</b>
4-5:00											
5-5:30				Youth Swim Classes							
5:30-6	<b>YOUTH SWIM LESSONS: DEEP END OPEN</b>				Deep End Open						
6-7:00					<b>Rental-CLOSED</b>						
7-7:30											
7:30-8:30		Free to Member Class Deep End Open		Free to Member Class Deep End Open	Open & Family Swim						
8:30-9:15	<b>Open</b>										

-  Open Pool Times - for adult members only. Some private lessons may use pool during these times
-  Classes held in shallow end - Deep End Open
-  **Rentals:** Pool may be used if no rental is scheduled