


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquatic Schedule POOL HOURS SUBJECT TO CHANGE						
11:30AM-4:30PM OPEN SWIM	7:00AM-12:30PM OPEN SWIM	7:00AM-12:30PM OPEN SWIM	7:00AM-12:30PM OPEN SWIM	7:00AM-12:30PM OPEN SWIM	7:00AM-12:30PM OPEN SWIM	11:30AM-4:30PM OPEN SWIM
	4:00PM-8:00PM OPEN SWIM	4:00PM-8:00PM OPEN SWIM	4:00PM-8:00PM OPEN SWIM	4:00PM-8:00PM OPEN SWIM	4:00PM-8:00PM OPEN SWIM	
	8:30-9:30AM AQUA AEROBICS		8:30-9:30AM AQUA AEROBICS		8:30-9:30AM AQUA AEROBICS	
Kidkare						
	8 - 11:30 AM Kidkare	8 - 11:30 AM Kidkare	8 - 11:30 AM Kidkare	8 - 11:30 AM Kidkare	8 - 11:30 AM Kidkare	9 - 11:30 AM Kidkare
	3 - 7:30 PM Kidkare	3 - 7:30 PM Kidkare	3 - 7:30 PM Kidkare	3 - 7:30PM Kidkare		
Gym						
11:00AM-12:30PM Open Gym	6:00 AM- 9:30AM Open Gym	6:00AM- 4:00PM Open Gym	6:00 AM- 12PM Open Gym	6:00 AM- 4PM Open Gym	6AM-12PM & 2 -4PM Open Gym	9:00AM-3:00PM Open Gym
12:30PM-5:00PM Coed Futsal league	12 -2:00PM Adult Drop-in Gym	4:00-7:30PM Youth Hoops	12 - 2:00 PM Adult Drop-in Gym	4:00-7:30PM Youth Hoops	12 - 2:00PM Adult Drop-in Gym	3:00-5:00PM Drop-In Futsal
	2:00-4:00PM Open Gym	7:30PM-9:00PM Adult drop in Futsal	2:00-4:00PM Open Gym	7:30PM-9:00PM Open Gym (East)	4:00-9:00PM Open Gym1/2 court	
	4:00PM-6:00PM Youth Hoops		4:00PM-6:00PM Youth Hoops	7:30P-9:00PM (West) CO Volleyball Rental	4:00-5:00PM (West) Soccer Practice Rental	
	7:00PM-9:00PM Adult drop in BB		6:00-9:00PM Coed Volleyball League		6:30-9:00PM (West) Adult Drop in Volleyball	
Climbing Wall BYOG Bring your own gear Only after Certification & Orientation						
	6:00AM - 9:00PM BYOG	6:00AM - 9:00PM BYOG	6:00AM - 9:00PM BYOG	6:00AM - 9:00PM BYOG	6:00AM - 9:00PM BYOG	9 am - 12 PM BYOG
12PM - 5:00 PM Staffed Climbing		6:30PM - 8:30PM Staffed Climbing		5:00PM - 8:30 PM Staffed Climbing	5:00 PM - 8:30PM Staffed Climbing	12-5:00PM Staffed Climbing
Fitness You can reserve a bike for Indoor Cycling 24 hours in advance						
FACILITY HOURS Mon. - Fri. 6:00 AM-9PM Saturday 9:00AM-5PM Sunday 11:00AM-5PM	Boot Camp 6:30-7:30AM	Indoor Cycling 6:15-7:00AM	Boot Camp 6:30-7:30AM	Indoor Cycling 6:15-7:00AM	Boot Camp 6:30-7:30AM	Hatha Yoga 9:15-10:15AM
	Pump it up 9:30-10:30AM	Indoor Cycling 7:15-8:00AM	Floor, Core,and more 8:30-9:30AM	Indoor Cycling 7:15-8:00AM	Floor, Core,and more 8:30-9:30AM	
	Indoor Cycling 9:30-10:15AM	Power Pilates 9:00-10:15 AM	Indoor Cycling 9:30-10:15AM	Power Pilates 9:00-10:15 AM	Indoor Cycling 9:30-10:15AM	
	Indoor Cycling 12:00PM-12:45pm	On the Ball 12:00-1:00PM	Indoor Cycling 12:00-12:45PM	On the Ball 12:00-1:00PM	Pump it up 10:30-11:30AM	
	Power Tone 12:00-1:00PM	Indoor Cycling 4:00-4:45PM	Step Aerobics 12:00-1:00PM	Indoor Cycling 4:00-4:45PM	Indoor Cycling 12:00-12:45PM	
	Fitness Pilates 4:30-5:30PM	FlexibleStrength 5:30-6:30PM	Fitness Pilates 4:30-5:30PM	Dance Fit 4:30-5:30PM		
	Kickboxing 5:30-6:30PM	Indoor Cycling 6:30PM-7:30PM	Indoor Cycling 5:30PM-6:30PM	Intro to group Fitness 5:30-6:30PM		
	Latin Dance 7:30-9:00pm	Yoga 8:00-9:00PM	Vinyasa Flow Yoga 6:30-7:45PM	Indoor Cycling 6:30PM-7:30PM		
			Mat Pilates 8:00-9:00PM			

March

****ALL HOURS AND CLASSES SUBJECT TO CHANGE PLEASE CALL (970)384-6301****