

WSC Recreational Pool Schedule

Effective Feb 5-March 3, 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						
5:30	5:45-6:30 Aquacize Kay		5:45-6:30 Aquacize Kay			
8:00						Senior Swim
8:30						
9:00	Aqua Fitness Michelle	Aqua Tai Chi Nancy	Aqua Fitness Annette	Aqua Tai Chi Nancy	Aqua Fitness with a Kick Annette	Swim Classes - See Swim Class Schedule
9:30						Aqua Zumba Kelly
10:00	Aqua Yoga Michelle	Sensitive Points Nancy		Aqua Fitness Celine		
10:30						
11:00						
11:30	Senior Swim/Water Walking					
PM						
1:00						
1:30						FREE for Members
2:00						\$10 Non Members
2:30						NOT A STRUCTURED CLASS
3:00						
3:30						
4:00						Recreation Pool CLOSED Feb 26-28, (& March 1 TBA) for routine maintenance. NO AQUA CLASSES WILL BE HELD IN THIS POOL DURING THIS TIME. See the Front Desk for alternative classes during this time.
4:30	AQUA BLAST TARA			AQUA BLAST TARA		
5:00						
5:30		Aqua Zumba Kelly		Gentle Water Works TARA		
6:00						
6:30						
7:00						
7:30						



RICHARD E. WORKMAN
Sports & Wellness
Complex