WSC Recreational Pool Schedule

Effective April 30- June 3, 2018

Follow the Workman Sports Complex Facebook page and App for detailed information on class changes, subs, & cancellations

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
AM							
5:30							
8:00	AQUA Fit Combo Bonnie		AQUA Fit Combo Bonnie		AQUA Fit Combo Bonnie	Senior Swim	
8:30							
9:00	Aqua Fitness Michelle	Aqua Tai Chi Bonnie	Aqua Fitness Annette	Aqua Tai Chi Bonnie	Aqua Fitness with a Kick Annette	Swim Classes - See Swim Class Schedule	Pound H_2O Kelly S
9:30							Aqua Zumba Kelly S.
10:00	Aqua Yoga Michelle	Low Impact Bonnie		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						*Last class is May 17 until after Labor Day	
4:00							
4:30	AQUA BLAST * TARA			AQUA BLAST* TARA			
5:00							
5:30		Pound H_2O Kelly S		Gentle Water Works* TARA			
6:00		Aqua Zumba Kelly S.					
6:30							
7:00							
7:30							

Effingham Park District

RICHARD E. WORKMAN Sports & Wellness Complex