

WSC Recreational Pool Schedule

Effective Dec 4-30, 2017

See WSC APP or Front Desk for modified schedule the week of Christmas

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						
5:45	5:45-6:30 Aquacize Kay		5:45-6:30 Aquacize Kay			
8:00		Aqua Fitness Michelle				Senior Swim
8:30						
9:00	Aqua Fitness Michelle	Aqua Yoga Michelle	Aqua Fitness Annette		Aqua Fitness with a Kick Annette	Swim Classes - See Swim Class Schedule
9:30						
10:00	Aqua Yoga Michelle			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						
4:30	AQUA BLAST TARA			AQUA BLAST TARA		
5:00						
5:30		Aqua Zumba Kelly		Gentle Water Works TARA	 RICHARD E. WORKMAN Sports & Wellness Complex	
6:00						
6:30						
7:00						
7:30						