

WSC Recreational Pool Schedule

Effective Jan 2-Feb 2, 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						
5:45						
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 \$10 Non Members
2:00						NOT A STRUCTURED CLASS
2:30						
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		
6:00						
6:30						
7:00						
7:30						



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Complex