

# April

(717) 316-3488



# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Total Body Chair 10:00am	2 Vinyasa Yoga 10:00am	3 Exercise Surprise 10:00am	4 Chair Yoga 10:00am	5	6
7	8 Total Body Chair 10:00am	9 Vinyasa Yoga 10:00am	10 Walking HIIT 10:00am	11 Chair Yoga 10:00am	12	13
14	15 Total Body Chair 10:00am	16 Vinyasa Yoga 10:00am	17 Exercise Surprise 10:00am	18 Chair Yoga 10:00am	19	20
21	22 Total Body Chair 10:00am	23 Vinyasa Yoga 10:00am	24 Walking HIIT 10:00am <b>Staff Meeting: Pool Closed 1-3 &amp; Facility Closed 1:30-2:30</b>	25 Chair Yoga 10:00am	26	27
28	29 Total Body Chair 10:00am	30 Vinyasa Yoga 10:00am				

Monday-Thursday 6am-6pm, Friday 6am-12pm, Saturday 6am-10am and closed Sunday.



# April 2024



## \*\*\* POOL SCHEDULE \*\*\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>7:00 – 7:30 Open</p> <p>7:30 – 8:15 Strength and Stretch</p> <p>8:15 – 9:30 Open</p> <p>11:00 - 11:45 Arthritis Plus</p> <p>11:45 – 1:30 Open</p> <p>3:00 – 4:15 Open</p> <p>4:15 – 5:00 Tidal Waves</p>	<p>7:00 – 9:30 Open</p> <p>11:00 – 11:45 Butts and Guts</p> <p>11:45 – 1:00 Open</p> <p>1:00 – 1:30 Lap Swim Only</p> <p>3:00 – 4:15 Open</p> <p>4:15 – 5:00 Sea Circuit</p>	<p>7:00 – 7:30 Open</p> <p>7:30 – 8:15 Strength and Stretch</p> <p>8:15 – 9:30 Open</p> <p>11:00 - 11:45 Arthritis Plus</p> <p>11:45 – 1:30 Open</p> <p>3:00 – 4:15 Open</p> <p>4:15 – 5:00 Mind/Body</p>	<p>7:00 – 9:30 Open</p> <p>11:00 – 11:45 Sea Circuit</p> <p>11:45 – 1:00 Open</p> <p>1:00 – 1:30 Lap Swim Only</p> <p>3:00 – 4:15 Open</p> <p>4:15 – 5:00 Butts and Guts Plus</p>	<p>7:00 – 7:30 Open</p> <p>7:30 – 8:15 Strength and Stretch</p> <p>8:15 – 9:30 Open</p> <p>9:30 – 10:15 Arthritis</p> <p>10:15 - 11:30 Open</p>	<p>7:00 – 7:30 Lap Swim Only</p> <p>7:30 – 8:15 Strength and Stretch</p> <p>8:15 – 9:30 Open</p>

Monday-Thursday 9:30am-11:00am and 1:30pm-3:00pm pool is closed.