


July



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 CLOSED HAPPY 4th OF JULY 	5	6
7	8 Total Body Chair 10:00am	9 Vinyasa Yoga 10:00am	10 Exercise Surprise 10:00am Wellness Rounding 12:00pm	11 Chair Yoga 10:00am	12	13
14	15 Total Body Chair 10:00am	16 S.L.I.M. 10:00am	17 Exercise Surprise 10:00am	18 Chair Yoga 10:00am	19	20
21	22 Total Body Chair 10:00am	23 S.L.I.M. 10:00am	24 Exercise Surprise 10:00am	25 Chair Yoga 10:00am	26	27
28	29 Total Body Chair 10:00am	30 S.L.I.M. 10:00am	31 Exercise Surprise 10:00am			

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

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POOL SCHEDULE

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

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