

## building schedule

### pool

#### MONDAY

6:30 - 7:45 am	Lap Swim
8:00 - 8:45 am	Open Plunge
8:45 - 9:30 am	Water Aerobics
9:30 - 10:15 am	Open Plunge
10:15 - 11:00 am	Modified Aquatic Exercise
11:00 - 11:45 am	Water Aerobics
11:45 - 12:45 pm	Lap Swim
12:45 - 1:30 pm	Arthritis Exercise
1:45 - 4:45 pm	Open Plunge
4:45 - 5:30 pm	Water Aerobics
5:30 - 6:15 pm	Water Aerobics
6:15 - 7:00 pm	Water Aerobics
6:15 - 7:45 pm	Private Lessons

#### TUESDAY

6:30-7:15 am	Water Aerobics
7:15-8:30 am	Lap Swim
8:45 - 9:30 am	Water Aerobics
9:30 - 10:15 am	Deep Water Aerobics
10:15 - 11:15 am	Open Plunge
11:15 a.m.-12:45 pm	Lap Swim
12:45 - 4:45 pm	Open Plunge
4:45-5:30 pm	Water Aerobics
5:30-7:00 pm	Youth Swim Lessons
7:00-7:45 pm	Open Plunge

#### WEDNESDAY

6:30 - 8:00 am	Lap Swim
8:00 - 8:45 am	Open Plunge
8:45 - 9:30 am	Water Aerobics
9:30 - 10:15 am	Open Plunge
10:15 - 11:00 am	Modified Aquatic Exercise
11:00 - 11:45 am	Water Aerobics
11:45 - 12:45 pm	Lap Swim
12:45 - 1:30 pm	Arthritis Exercise
1:30 - 2:30 pm	Open Plunge
2:30 pm - 3:00 pm	Preschool Swim
2:30 - 4:45 pm	Open Plunge
4:45 - 5:30 pm	Water Aerobics
5:30 - 6:15 pm	Water Aerobics
6:15 - 7:00 pm	Water Aerobics
7:00 - 7:45 pm	Open Plunge

#### THURSDAY

6:30-7:15 am	Water Aerobics
7:15-8:30 am	Lap Swim
8:45 - 9:30 am	Water Aerobics
9:45 - 10:15 am	Open Plunge
10:15 - 11:00 am	Adult Swim Lessons
11:00 a.m.-12 noon	Open Plunge
12:00 - 1:00 pm	Lap Swim
1:00 - 4:45 pm	Open Plunge
4:45 - 5:30 pm	Water Aerobics
5:30 - 7:00 pm	Youth Swim Lessons
7:00 - 7:45 pm	Open Plunge

#### FRIDAY

6:30-8:45 am	Lap Swim
8:45-9:30 am	Water Aerobics
9:30-10:15 am	Open Plunge
10:15-11:00 am	Modified Aquatic Exercise
11:00-11:45 am	Water Aerobics
11:45 am-12:45 pm	Lap Swim
12:45 - 1:30 pm	Arthritis Exercise
2:00- 2:30 pm	Montessori
2:30 - 5:15 pm	Open Plunge
5:30 - 6:30 pm	Rental
6:30 - 7:45 pm	Family Plunge

#### SATURDAY

8:00 - 8:45 am	Water Aerobics
9:00 am-12:15 pm	Youth Swim Lessons
12:30-1:30 pm	Lap Swim
1:30-3:00 pm	Family Plunge
3:00 - 4:45 pm	Rental

### gymnasium

#### MONDAY

6:30 - 7:15 am	AM Total Toning
10:30-11:15 am	Silver Sneakers
11:45am - 12:15pm	Cardio Abs*
12:05 - 12:50 pm	Fitness Training Extreme
12:05 - 12:50 pm	Zumba*
1:00 - 4:00 pm	OPEN
4:00 - 4:30 pm	Cardio Abs
4:30 - 5:15pm	Kickboxing Aerobics
5:15 - 6:00 pm	Pilates
6:10 - 7:00 pm	Belly Dancing - Beg.
7:10 - 8:00 pm	Belly Dancing - Inter

#### TUESDAY

6:45 - 7:30 am	Sculpt & Tone Pilates
7:45 - 11:00 am	OPEN
11:45am-12:15pm	Yogalates*
12:05 - 12:50 pm	Pilates
1:00 - 4:30 pm	OPEN
5:30 - 7:30 pm	Taekwondo
5:15 - 6:50 pm	Gymnastics*
7:00 - 7:45 pm	Zumba*
7:30 - 8:00 pm	Advanced Tae Kwon Do

#### WEDNESDAY

6:30 - 7:15 am	AM Total Toning
10:30-11:15 am	Silver Sneakers
11:45am - 12:15pm	Cardio Abs*
12:05 - 12:50 pm	Fitness Training Extreme
12:05 - 12:50 pm	Zumba*
1:00 - 4:00 pm	OPEN
4:00 - 4:30 pm	Cardio Abs
4:30 - 5:15pm	Kickboxing Aerobics
5:15 - 6:00 pm	Pilates
5:15 - 6:45 pm	Yoga*
5:30 - 6:15 pm	Adult Taekwondo
7:00 - 7:45 pm	Zumba

#### THURSDAY

6:45 - 7:30 am	Sculpt & Tone Pilates
7:45 - 11:00 am	OPEN
11:45am-12:15pm	Yogalates*
12:05 - 12:50 pm	Pilates
1:00 - 4:30 pm	OPEN
5:15 - 6:50 pm	Gymnastics
5:30 - 7:30 pm	Taekwondo
7:30 - 8:00 pm	Advanced Taekwondo

#### FRIDAY

10:30-11:15 am	Silver Sneakers
12:05 - 12:50 pm	Fitness Training Extreme
1:15 - 1:45 pm	Montessori
1:45 - 5:00 pm	OPEN
5:30 - 6:15 pm	Beginner Taekwondo
6:20 - 7:05 pm	Adult Taekwondo

#### SATURDAY

8:30-10:30 am	Elite Taekwondo
9:30 - 10:15 am	ZumbAtomics-Lil Starz*
10:30 - 11:00 am	ZumbAtomics-Big Starz*
10:30-11:15 am	Gymnastics
11:15am -12:00 pm	Gymnastics
12:00 - 12:45 pm	Gymnastics
1:00 -5:00 pm	Rental

\*See the front desk for class location.

### body shop

#### MONDAY

6:00 am-5:30 pm	OPEN
5:30-6:15 pm	Circuit Weight Training
6:15-7:45 pm	OPEN

#### TUESDAY

6:00-10:30 am	OPEN
10:30-11:15 am	Body Basics
11:15-5:30 pm	OPEN
5:30-6:15 pm	Circuit Weight Training
6:15-7:45 pm	OPEN

#### WEDNESDAY

6:00 am-5:30 pm	OPEN
5:30-6:15 pm	Circuit Weight Training
6:15-7:45 pm	OPEN

#### THURSDAY

6:00-10:30 am	OPEN
10:30-11:15 am	Body Basics
11:15-5:30 pm	OPEN
5:30-6:15 pm	Circuit Weight Training
6:15-7:45 pm	OPEN

#### FRIDAY

6:00 am-7:45 pm	OPEN
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#### SATURDAY

8:00 am-4:45 pm	OPEN
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### whirlpool *CLOSED INDEFINITELY*

The whirlpool will be down indefinitely. It appears the only solution is complete replacement, which requires review & planning. We are sorry for the inconvenience, but we are quite serious about resolving this issue.

***Special events sometimes cancel scheduled open gym and swim times. Please watch the building for posted signs about schedule changes.***

eliminating racism  
empowering women  
**ywca**

black hawk county