

February

Fitness Specialty Classes

TRX TRAINING

Thursday Mornings February 1st-22nd
6:00am-6:30am (No class February 15th)

Tuesday Mornings February 6th-27th
8:00am-8:30am (No class February 20th)

Saturday Morning February 3rd
7:00am-7:30am (single class session)

BUDDY BOOTCAMP

Tuesday Evenings
February 20th-March 13th

IRON FIT



Wednesday Evenings January 31st-
February 28th 6:00pm-6:45pm
(No Class February 14th)

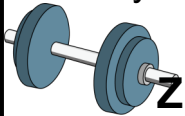
Thursday Evenings February 1st-22nd
6:00pm-6:45pm (No class February 15th)

Tuesday Mornings February 6th-27th
5:30am-6:15am (No class February 20th)

Saturday Morning February 3rd
6:15am-7:00am (single class session)

STRENGTHEN & LENGTHEN

Sunday Evenings February 11th-March 4th
5:45pm-6:45pm



ZUMBA GOLD (FREE)

Saturday February 17th
10:30am-11:15am

Yoga Workshops 2018

THE YAMAS AND YOUR PRACTICE



Sunday February 4th
1:00pm-3:00pm



Join us on Saturday, February 3rd from
4pm-7pm with the **WIBIT** and
FLOATIES! Water slide opens at
12pm!



Swimming Lessons

It is not too late!

Stop in now to sign up for the
Monday/ Wednesday evening
Swim Lessons that start
February 19th.



No School Hours

Friday February 2nd

Tot Time: 9:00am-11:00am

Rec Pool: 12:00pm-8:30pm

Open Swim: 12:00pm-8:30pm

Slide: 12:00pm-6:40pm

Gym: 5:30am-3:00pm (4 courts)



Friday February 16th

(2 hour early release)



Monday February 19th

Tot Time: 9:00am-11:00am

Rec Pool: 12:00pm-4:20pm; 6:30pm-8:30pm

Open Swim: 12:00pm-5:15pm;

7:30pm-8:30pm

Slide 12:00pm-4:20pm

Gym: 5:30am-3:00pm (4 courts)