

JOYCE JAYNES BRANCH

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WATER AEROBICS

Effective August 29, 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
8:30	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
10:00		Power Hour		Power Hour	Float Fit	
pm						
5:30	Aquacise	Aquacise	Aquacise	Aquacise	Float Fit	

LAND AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
8:30		ZUMBA fitness		ZUMBA fitness	Yoga	ZUMBA fitness
9:45					SilverSneakers®	SilverSneakers®
10:00	Body Sculpt				Body Sculpt	
10:30	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®		
pm						
12:00	ZUMBA fitness		ZUMBA fitness			
5:00		Body Sculpt				
5:30	ZUMBA fitness	Yoga	ZUMBA fitness			
6:00				Ballet Folklorico		

Weight Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00AM-7:30PM	7:00AM-7:30PM	7:00AM-7:30PM	7:00AM-7:30PM	7:00AM-7:00PM	8:00AM-1:00PM

OPEN LANES (Recreational and Lap Swimming)

Limited to two lanes during aquatics classes

	8:00AM-1:00PM	8:00AM-1:00PM	8:00AM-1:00PM	8:00AM-1:00PM	8:00AM-1:00PM	8:00AM-12:40PM
	4:00PM-7:10PM	4:00PM-7:10PM	4:00PM-7:10PM	4:00PM-7:10PM	4:00PM-6:40PM	

ALL ADULT FITNESS AND AQUATICS CLASSES ARE 45 - 50 MINUTES LONG

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