

JOYCE W. JAYNES BRANCH

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Effective 9/2/2020

WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
am					
8:30	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
pm					
5:30	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise

LAND AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
am					
8:30		ZUMBA fitness		ZUMBA fitness	Yoga
9:45					SilverSneakers® Classic
10:30	SilverSneakers® Classic		SilverSneakers® Classic		
pm					
12:00	ZUMBA fitness		ZUMBA fitness		
5:30	ZUMBA fitness	Yoga	ZUMBA fitness		

All land and water aerobics classes are 45 minutes long

OPEN LANES (Recreational and Lap Swimming)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:00am-12:45 pm	10:00am-12:45 pm	10:00am-12:45 pm	10:00am-12:45 pm	10:00am-12:45 pm
	6:20pm - 7:20pm	6:20pm - 7:20pm	6:20pm - 7:20pm	6:20pm - 7:20pm	

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