

# JOYCE W. JAYNES BRANCH

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Effective 5/6/2022



## WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
8:30	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
9:30				Float Fit	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® Classic	SilverSneakers® Classic
10:30	SilverSneakers® Classic	SilverSneakers® Classic	SilverSneakers® Classic	SilverSneakers® Classic		
pm						
12:00	ZUMBA fitness		ZUMBA fitness			
5:30	ZUMBA fitness	Yoga	ZUMBA fitness	Ballet Folklorico		

All land and water aerobics classes are 50 minutes long

## 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00am-3:00pm	8:00am-3:00pm	8:00am-3:00pm	8:00am-3:00pm	8:00am-3:00pm	8:00am-12:40pm
	4:00pm-7:15pm	4:00pm-7:15pm	4:00pm-7:15pm	4:00pm-7:15pm	4:00pm-6:45pm	

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