

SHIRLEY LEAVELL BRANCH

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Schedule Effective 1/27/2021

WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
8:00	Aqua-Aerobics		Aqua-Aerobics		Aqua-Aerobics	
9:00		Aqua-Aerobics		Aqua-Aerobics		
10:00						
pm						
12:00	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics		Aqua-Aerobics	
5:30	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics			
6:30						

LAND AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
9:00	Silver Sneakers® MUSCLE	ZUMBA fitness	ZUMBA fitness	Line Dancing	Silver Sneakers® Yoga	
10:30		Silver Sneakers® Classic	Line Dancing	Silver Sneakers® Classic		
pm						
4:30	Line Dancing		Line Dancing			
6:00	ZUMBA fitness	Cardio Tone	ZUMBA fitness	Cardio Tone		

ADULT FITNESS AND AQUATICS CLASSES ARE 50 MINUTES LONG

RECREATIONAL SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
pm	4pm - 5:30pm	4pm - 5:30pm	4pm - 5:30pm	5:30pm - 6:30pm		

OPEN LANES

**By reservation until city/state lifts restrictions on distance between people.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		Lap swim only		Lap swim only		
10:00am	Lap swim only	Lap swim only	Lap swim only	Lap swim only	Lap swim only	
6:30pm	Lap swim only	Lap swim only	Lap swim only	Lap swim only		

****You can still attend between water aerobics and lap swim****

YWZONES (YOUTH FITNESS)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
pm						
5:00-6:00				KARATE	KARATE	

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