

SHIRLEY LEAVELL BRANCH

10712 Sam Snead El Paso, TX 79935

T: 915.519.0003 F: 915.590.1879



Schedule Effective 7/24/2023

POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM					
8:00AM	LAP SWIM Rec Swim	LAP SWIM Rec Swim	LAP SWIM Rec Swim	LAP SWIM Rec Swim	Aqua Aerobics
12:00PM	Aqua Aerobics		Aqua Aerobics	Aqua Aerobics	LAP SWIM Rec Swim
PM					
4:00PM	Lap Swim/Rec Swim	Lap Swim/Rec Swim	Lap Swim/Rec Swim	LAP SWIM Rec Swim	
5:30PM	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics		
7:30PM	Lap Swim Rec Swim	Lap Swim Rec Swim	Lap Swim Rec Swim		

****Aqua-Aerobic classes are 50min long**

****No lap swimming allowed during Aqua-Aerobics.**

LAND AEROBICS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM					
8:30am		Latin Cardio		Latin Cardio	
9:00am	Line Dancing		Line Dancing		
10:30AM		Silver Sneakers® Classic		Silver Sneakers® Classic	Silver Sneakers® Yoga
PM					
6:00PM					

YOUTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30PM				Karate	

GYM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7am - 7:30pm	7am - 7:30pm	7am - 7:30pm	7am - 7:30pm	7am - 6:30pm

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