

JOYCE W. JAYNES BRANCH

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Schedule Effective 10/29/2018

WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
8:30	Aquacise		Aquacise			
9:00		Aquacise		Aquacise		
9:30	Power Hour		Power Hour		Power Hour	
pm						
4:00	Aquacise		Aquacise		Aquacise	
5:30	Power Hour	Aquacise	Power Hour	Aquacise		
6:30	Float Fit	Float Fit		Float Fit		

LAND AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
8:30	Cardio Tone /Salsa	ZUMBA Fitness	Cardio Tone /Salsa	ZUMBA Fitness	Yoga	
9:30						ZUMBA Fitness
9:45					SilverSneakers® Yoga	
10:30	SilverSneakers® Classic		SilverSneakers® Classic			
pm						
12:00	ZUMBA Fitness	ZUMBA Fitness	ZUMBA Fitness	ZUMBA Fitness		
5:30	ZUMBA Fitness	ZUMBA Fitness	ZUMBA Fitness			

ALL ADULT FITNESS AND AQUATICS CLASSES ARE 50 MINUTES LONG

OPEN PLUNGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 am-1:00 pm	5:30 am-1:00 pm	5:30 am-1:00 pm	5:30am-1:00 pm	5:30 am-1:00 pm	8:00am to 1:45pm
	4:00 pm-7:30 pm	4:00 pm-7:30 pm	4:00 pm-7:30 pm	4:00 pm-7:30 pm	4:00 pm-6:00 pm	

OPEN LANES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 am-1:00 pm	5:30 am-7:00 am	5:30 am-7:00 am	5:30 am-7:00 am	5:30 am-7:00 am	8:00am to 1:45pm
		9:00 am-1:00 pm	9:00 am-1:00 pm	9:00 am-1:00 pm	9:00 am-1:00 pm	
	4:00 pm-7:30 pm	4:00 pm-7:30pm	4:00 pm-7:30pm	4:00pm-7:30pm	4:00 pm-6:00 pm	

Limited to 1 Lane only: during water aerobics classes

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