

# SHIRLEY LEAVELL BRANCH

Summer Only  
2018



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Schedule Effective 6/13/2018

## WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
6:45	Aqua Jog	Aqua Jog	Aqua Jog	Aqua Jog	Power Hour	
8:00	Power Hour	Power Hour	Power Hour Jose Luis Vidana	Power Hour	Power Hour	
9:00	Silver Splash®	Aqua ZUMBA	Silver Splash®	Aquacise	Silver Splash®	
10:00	Aquacise		Aquacise		Aquacise Jose	Aqua ZUMBA
11:00						Float Fit* <small>(specialty class, not included in membership)</small>
pm						
12:00	Easy Does It	Power Hour	Easy Does It	Power Hour	Easy Does It	
5:30	Power Hour	Aquacise	Power Hour	Aquacise		
5:30	Float Fit* <small>(specialty class, not included in membership)</small>		Float Fit* <small>(specialty class, not included in membership)</small>			
6:30	US MASTERS SWIMMING		US MASTERS SWIMMING			

## LAND AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
9:00	Power Step	ZUMBA Fitness	Power Step	Pure Strength	Silver Sneakers® Yoga	ZUMBA Fitness
10:15	Silver Sneakers® CardioFit	Silver Sneakers® Classic	ZUMBA Fitness	Silver Sneakers® Classic		POUND
pm						
4:30	Pilates Michelle Martinez		Yoga Rosemary Otten			
6:00	ZUMBA Fitness	Cardio Tone	ZUMBA Fitness	Cardio Tone		

ADULT FITNESS AND AQUATICS CLASSES ARE 50 MINUTES LONG - FLOAT FIT CLASSES ARE 30 MINUTES LONG

## OPEN PLUNGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Summer Only</b>	10:30am-1:00pm	10:30am-1:00pm	10:30am-1:00pm	10:30am-1:00pm	10:30am-1:00pm	
	3:30pm-5:30pm	3:30pm-5:30pm	3:30pm-5:30pm	3:30pm-5:30pm		11:00am-1:45pm
	6:30pm-7:45pm	6:30-7:45pm	6:30pm-7:45pm	6:30-7:45pm		

## OPEN LANES

\*\*Limited to 1 Lane only: during water aerobics classes/Float Fit/ Swim Lessons

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30am-1pm	5:30am-1pm	5:30am-1pm	5:30am-1pm	5:30am-1pm	8:00 to 1:45pm
	3:00pm-7:45pm	3:00pm-7:45pm	3:00pm-7:45pm	3:00pm-7:45pm		

\*\*\*\*Limited to 1 Lane only: during water aerobics classes/Float Fit/ Swim Lessons

## YWZONES (YOUTH FITNESS)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
pm						
5:30-7:00	Body Mechanics & Functional Fitness		Agility & Mobility			

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