

2010

Land Schedule

The Family

Serving the CSRA since 1858.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 A.M.					Zumba Gold <i>Kim</i>	
9:00 A.M.	Chair Aerobics	Combo (9:15) <i>Sharon</i>		Combo <i>Sharon</i>	Back to Basics <i>Tiara</i>	Combo <i>Tiara</i>
10:00 A.M.						Spinning <i>Tiara</i>
11:00 A.M.	Pilates* <i>Cynthia</i>	Pilates* <i>Cynthia</i>	Pilates* <i>Tiara</i>	Pilates* <i>Cynthia</i>	Pilates* <i>Tiara</i>	
4:30 P.M.				Beginners Yoga* <i>Nina</i>		
5:30 P.M.	Spinning <i>David</i>	Yoga* <i>Nina</i>		Yoga* <i>Nina</i>		
6:00 P.M.	Pilates* <i>Cynthia</i>		Kardio Kidz (Ages 5-12) <i>Rico</i> Zumba <i>Kim</i>		Kardio Kidz (Ages 5-12) <i>Brian</i> Zumba <i>Tarana</i>	
6:30 P.M.		Spinning <i>Tiara</i> Beginners Yoga* <i>Nina</i>		Combo <i>Sharon</i>		
7:00 P.M.	Zumba (Rotations) <i>Cynthia/Tarana</i>		Zumba <i>Tarana</i>		Family Fitness Night Core Strength** (1st & 5th) <i>Dorothy</i> Yogalates** (2nd & 4th) <i>Cynthia</i> Family Zumba** (3rd) <i>Tarana</i>	

*Please bring floor mat to class.

**5-12 year olds must be accompanied by an adult.

2010
Aquatic
Schedule

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 A.M.	Turbo H2O <i>Kim</i>	Turbo H2O <i>Bobbie</i>	Turbo H2O <i>Robin</i>	Turbo H2O Workout <i>Jeanette</i>	Turbo H2O (Rotation) <i>Robin, Dorothy & Cynthia</i>	H2O Fitness (8:30) <i>Rotation</i>
10:00 A.M.	Twinges in Your Hinges <i>Hank</i>	Twinges in Your Hinges <i>Bobbie</i>	Twinges in Your Hinges <i>Hank</i>	Twinges in Your Hinges <i>Bobbie</i>	Twinges in Your Hinges (Rotation) <i>Robin, Dorothy & Cynthia</i>	Twinges in Your Hinges <i>Hank</i>
11:00 A.M.	Twinges in Your Hinges <i>Tee</i>		Twinges in Your Hinges <i>Tee</i>		Twinges in Your Hinges (Rotation) <i>Robin, Dorothy & Cynthia</i>	
12:00 P.M.			Parkinson/MS <i>Shawn</i>			
3:00 P.M.	H2O Fitness <i>Sarah</i>	H2O Fitness <i>Tee</i>	H2O Fitness <i>Eileen</i>	H2O Fitness <i>Tee</i>		
6:00 P.M.		Power Water <i>Tee</i>		Power Water <i>Tee</i>		

Open Swim for families begins at 12:00 Monday-Friday, 8:00 on Saturday, & 1:00 on Sunday.

The Temperature of the pool can fluctuate between 86 & 89 degrees.