

# JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Under 18 Swim</b> 1:00pm-4:30pm	2	3 <b>Aquafit</b> 8:15am-9:15am	4 <b>CLOSED</b> Happy 4th of July! 	5	6 <b>Aquafit</b> 8:15am-9:15am	7 <b>Under 18 Swim</b> 12:00pm-2:30pm
8 <b>Under 18 Swim</b> 1:00pm-4:30pm	9 <b>Sunrise Shred</b> 5:45am-6:15am <b>Yoga</b> 6:30am-7:15am <b>Line Dancing</b> 8:15am- 9:15am <b>AM Mix</b> 9:30am-10:00am	10 <b>Fit in 30</b> 5:45am- 6:15am <b>Ab Lab</b> 7:00am-7:30am <b>Aquafit</b> 8:15am-9:15am <b>Water Aerobics</b> 9:30am-10:00am <b>PiYo</b> 5:30pm-6:15pm	11 <b>Sunrise Shred</b> 5:45am-6:15am <b>Chair Yoga</b> 9:30am-10:00am <b>Yoga</b> 5:30pm-6:30pm	12 <b>Fit in 30</b> 5:45am-6:15am <b>Water Aerobics</b> 9:30am-10:00am <b>PiYo</b> 5:30pm-6:15pm	13 <b>Friday Funday</b> 5:45am-6:15am <b>Aquafit</b> 8:15am-9:15am	14 <b>Under 18 Swim</b> 12:00pm-2:30pm
15 <b>Under 18 Swim</b> 1:00pm-4:30pm	16 <b>Sunrise Shred</b> 5:45am-6:15am <b>Yoga</b> 6:30am-7:15am <b>Line Dancing</b> 8:15am- 9:15am <b>AM Mix</b> 9:30am-10:00am	17 <b>Fit in 30</b> 5:45am- 6:15am <b>Ab Lab</b> 7:00am-7:30am <b>Aquafit</b> 8:15am-9:15am <b>Water Aerobics</b> 9:30am-10:00am <b>PiYo</b> 5:30pm-6:15pm	18 <b>Sunrise Shred</b> 5:45am-6:15am <b>Chair Yoga</b> 9:30am-10:00am <b>Yoga</b> 5:30pm-6:30pm	19 <b>Fit in 30</b> 5:45am-6:15am <b>Water Aerobics</b> 9:30am-10:00am <b>PiYo</b> 5:30pm-6:15pm	20 <b>Friday Funday</b> 5:45am-6:15am <b>Aquafit</b> 8:15am-9:15am	21 <b>Under 18 Swim</b> 12:00pm-2:30pm
22 <b>Under 18 Swim</b> 1:00pm-4:30pm	23 <b>Sunrise Shred</b> 5:45am-6:15am <b>Yoga</b> 6:30am-7:15am <b>Line Dancing</b> 8:15am- 9:15am <b>AM Mix</b> 9:30am-10:00am	24 <b>Fit in 30</b> 5:45am- 6:15am <b>Ab Lab</b> 7:00am-7:30am <b>Aquafit</b> 8:15am-9:15am <b>Water Aerobics</b> 9:30am-10:00am <b>PiYo</b> 5:30pm-6:15pm	25 <b>Sunrise Shred</b> 5:45am-6:15am <b>Chair Yoga</b> 9:30am-10:00am <b>Yoga</b> 5:30pm-6:30pm	26 <b>Fit in 30</b> 5:45am-6:15am <b>PiYo</b> 5:30pm-6:15pm	27 <b>Friday Funday</b> 5:45am-6:15am	28 <b>Under 18 Swim</b> 12:00pm-2:30pm
29 <b>Under 18 Swim</b> 1:00pm-4:30pm	30 <b>Sunrise Shred</b> 5:45am-6:15am <b>Line Dancing</b> 8:15am- 9:15am <b>AM Mix</b> 9:30am-10:00am	31 <b>Fit in 30</b> 5:45am- 6:15am <b>Ab Lab</b> 7:00am-7:30am <b>Aquafit</b> 8:15am-9:15am <b>Water Aerobics</b> 9:30am-10:00am	<p><b><i>SWIM LESSONS</i></b>  <b>July 9-13</b>                      Level 1 &amp; 2 11:15am-12:00pm                      Level 3 12:15pm-1:00pm  <i>Max 6 kids per level • Minimum Age: 3 • Cost: Members=\$30 Non-Members=\$50</i>                      Call 712.225.6858 to register.</p>			

*Pool Closed for Annual Maintenance July 25-27*