

# FALL POOL SCHEDULE 2018



**All Hours Listed are for Residents and Associates.** The shaded areas are resident/associate ONLY times without any community and Silversneakers members.



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Open Swim 7:30-8:30am	Water Walking 11:45-3:00pm	Open Swim 7:30-8:30am	Water Walking 11:45-3:00pm	Open Swim 7:30-8:30am	Adult Swim 9:00am-10:00am
Wave Makers 8:30-9:15am		Wave Makers 8:30-9:15am		Wave Makers 8:30-9:15am	
Lap Swim 9:15-10:00am		Lap Swim 9:15-10:00am		Lap Swim 9:15-10:00am	
Aqua Aerobics 10:15-11:00am		Aqua Aerobics 10:15-11:00am	Aqua Aerobics 10:15-11:00am	Resident & Family 10:00-11:00am	
Aqua Aerobics 11:15-12:00		Aqua Aerobics 11:15-12:00	Aqua Aerobics 11:15-12:00	Open Swim 3:00-3:45	Aqua Aerobics 11:15-12:00
Lap Swim 12:15-1:00pm	Open Swim 3:00-3:45	Lap Swim 12:15-1:00pm	Volleyball 3:45-5:00pm	Lap Swim 12:15-1:00pm	All Swim 11:00am-1:30pm
Water Walking 1-2pm	Volleyball 3:45-5:00pm	Water Walking 1-2pm	Water Walking 5:05-6:30	Water Walking	
Hydro Fusion 2:00-2:45pm	Water Walking 5:05-6:30	Hydro Fusion 2:00-2:45pm		1-3pm	

# FALL FITNESS SCHEDULE 2018



This weekly calendar is the normal schedule, in the event of any changes we will notify you. The gray areas denote times that SilverSneaker and Silver 'n Fit members also may participate , in addition to residents.

<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>
Supervised Fitness 1:00-3:00pm <b>FIT</b>	Stretch Class 8am <b>WMP</b>	Supervised Fitness 1:00-3:00pm <b>FIT</b>	Stretch Class 8am <b>WMP</b>	Supervised Fitness 1:00-3:00pm <b>FIT</b>
	Circuit Class 8:45am <b>FIT</b>	Tai Chi 10:00am <b>WMP</b>	Mats Class 8:45am <b>WMP</b>	
Yoga 2:00pm <b>WMP</b>	Joint Juice 9:15am Channel 956	Yoga 2:30pm <b>WMP</b>	Circuit Class 8:45am <b>FIT</b>	
	SS Classic Class 10am <b>WMP</b>		Joint Juice 9:15am Channel 956	
Billiards 3-5pm <b>BR</b>	Sup Fitness 9:30-11am <b>FIT</b>	Billiards 3-5pm <b>BR</b>	SS Classic Class 10am <b>WMP</b>	
Ping Pong 4:00pm <b>WMP</b>	Line Dancing 11am <b>WMP</b>	ShuffleBoard 4:00pm <b>SC</b>	Sup Fitness 9:30-11am <b>FIT</b>	
Pickleball 5:00pm <b>WMP</b>			Disc Golf 10-11am East Course	

West Billiards Room- BR

Fitness Room - FIT

Community Room - CR

Sport Court- SC

West Multi Purpose WMP