

LPC FITNESS & AQUATICS Chedule POOL

& AQU	ATICS						
A Ministry	Cunday	Monday	Tuocday	Wodnosday	Thursday	Eriday	1
F.OO AAA	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM							
5:15 AM			Pro.	Δ			
5:30 AM			The same of the sa		and the same of th		
5:45 AM		No.	A Street of the second	2 m	January J		
6:00 AM		**			Appendix Appendix Commencer		
6:15 AM		The same of the sa	····		A	l.	
6:30 AM		- Marian	Adult Only	Time In Theren	y Dool		
6:45 AM		The same and same	Addit Only	Time In Therap	<u>y P001</u>	I.	
	Closed		5:0	0am - 1:00pm		A STATE OF THE STA	
7:00 AM		. as a san a s		•	44	Land of the state	3 1 1 10
7:15 AM			IVIC	onday - Friday	ALC:		
7:30 AM		agarara.	cer		74		M. W.O
7:45 AM		and the second s	le.		Vanagara and Sanagara		
8:00 AM		₩.	1	Jan Jan B	Transaction of the same		
8:15 AM			A. and the state of the state o		The state of the s		Please Note:
8:30 AM			**	No.			THERAPY POOL RULES
8:45 AM		A 7		A Talanta			
9:00 AM		Aqua-Zumba		Aqua-Tabata			This pool is for therapy,
9:15 AM		w/Velvet		w/Velvet			general exercise and LPC
9:30 AM		8:40-9:40		8:40-9:40			_
	S						guided swim lessons.
9:45 AM							Reserved for participants
10:00 AM						Aqua-Zumba	ages 18 and older.
10:15 AM			The second second		July .	w/Velvet	_
10:30 AM			The same of the sa	The state of the s	Lamany	10:00-11:00	Children 7 years and
10:45 AM		Sp.		1.0 1 -:	e e e e e e e e e e e e e e e e e e e	10.00-11:00	younger only - must be
11:00 AM	D		Adı	ult Only Time	-there are a second		accompanied by an adult
11:15 AM		The same of the sa	ın In '	Therapy Pool	age to the second		
11:30 AM	Α	or the second					in the water.
11:45 AM		_4888888888	5:00	0am - 1:00pm	The same of the sa		
12:00 PM			Mo	nday - Friday	The same of the sa		Adult Only Swim
12:15 PM		<i>36</i>			The same of the sa		Addit Only Swiiii
12:30 PM			Section of the second	JAN AND PROM	A comment		<u>5am-1pm M-F</u>
12:45 PM			Contract Con		***		Sam Ipm IVI I
1:00 PM	_		·	•			
							<u>Aqua-Zumba</u>
1:15 PM						Pool Deck	Move to fun music with a low-
1:30 PM						Cleaning	impact, high energy exercise
1:45 PM						(Pool Open)	blending dance moves in the water
2:00 PM	E						to create natural resistance.
2:15 PM						1-4pm	Results in less impact on your
2:30 PM	N					FRIDAYS	joints. Core toning combined with
2:45 PM						*pressure	muscle strengthening exercises
3:00 PM						washer in use	help you have a fun total-body
3:15 PM						on pool deck*	routine.
3:30 PM							routile.
3:45 PM							Acus Tabata
					 		Aqua Tabata
4:00 PM							is an interval class with 20 seconds
4:15 PM							of intense exercise and 10 seconds
4:30 PM							of rest done in shallow water.
4:45 PM							
5:00 PM						Closed	Thank you, for keeping a
5:15 PM						Closed	close watch over your
5:30 PM							•
5:45 PM							children.
6:00 PM							No Cellphone Zone.
6:15 PM							140 Cemphone Zone.
6:30 PM			Cardio-Water		Cardio-Water		
6:45 PM							
7:00 PM			w/Tim		w/Tim		
	Closed		6:30-7:30		6:30-7:30	Pool Hou	rs of Operations
			0.30 7.30		0.50 7.50		- The second of
7:30 PM						Sun	9am-5:45 pm
7:45 PM						Mon-Th	urs 5am-8:45 pm
8:00 PM							
8:15 PM						Fri .	5am-3:45 pm
8:30 PM						S	at CLOSED
8:45 PM					<u> </u>		