

## LPC FITNESS & AQUATICS Schedule POOL A Ministry of FAI

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM							
5:15 AM			S	As a			
5:30 AM			None Ton		and the second		
5:45 AM		April 1			arrest / commenter		
6:00 AM		· .	is.		The state of the s		
6:15 AM		The same of the sa	W. C.		العواد العواد	es es	
6:30 AM		- Marian	Adult Only	Time In Therapy	y Pool	and the same of th	
6:45 AM		The state of the s	<del>-</del>		<u>y POOI</u>	anner de la companya della companya de la companya de la companya della companya	
7:00 AM			5:0	00am - 1:00pm			
7:15 AM			M	onday - Friday	****	******	
7:30 AM		As a see a		onday Triday	The state of the s		
		Sec.			No.	Section 1	
7:45 AM	-	- Addition		•	<u> </u>		
8:00 AM			A Commence of the Commence of	$\sim$ $\sim$ $f$	The state of the s		-1
8:15 AM			A Comment				Please Note:
8:30 AM				,			THERAPY POOL RULES
8:45 AM		Aqua-Zumba		Aqua-Tabata			This pool is for therapy,
9:00 AM		w/Velvet		w/Velvet			• • •
9:15 AM							general exercise and LPC
9:30 AM	S	8:40-9:40		8:40-9:40			guided swim lessons.
9:45 AM							Reserved for participants
10:00 AM						Aqua-Zumba	-
10:15 AM			1 Po		ed.		ages 18 and older.
10:30 AM			Street Vander		and the same	w/Velvet	Children 7 years and
10:45 AM	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	Sept.	The second		Comments of the Comments of th	10:00-11:00	
11:00 AM		Ali.	Ad	ult Only Time	Anna and a second		younger only - must be
11:15 AM		Market Committee of the		<del>-</del>	dimmin		accompanied by an
11:30 AM		representation of the second	in In	Therapy Pool	diameter		adult in the water.
		A STATE OF THE STA	5:0	0am - 1:00pm	- Philipping		addit iii tiie water.
11:45 AM		- Kinner	*****	nday - Friday	A STATE OF THE PARTY OF THE PAR		
12:00 PM		and the second	IVIC	iliuay - Filuay	A		<b>Adult Only Swim</b>
12:15 PM			and the same	a de Maria	The second second		
12:30 PM			Comment of the		943		5am-1pm M-F
12:45 PM			W.	W Y			<del></del>
1:00 PM							Aqua-Zumba
1:15 PM						Pool Deck	Move to fun music with a low-
1:30 PM	P					Cleaning	
1:45 PM						(Dool Open)	impact, high energy exercise
2:00 PM	l E						blending dance moves in the water
2:15 PM						1:00 <sub>pm</sub> -	to create natural resistance.
2:30 PM	N					3:45pm	Results in less impact on your
2:45 PM						FRIDAYS	joints. Core toning combined with
3:00 PM						*pressure	muscle strengthening exercises
3:15 PM						washer in use	help you have a fun total-body
3:30 PM						washer in use	routine.
3:45 PM							
	- V.V.						<u> Aqua Tabata</u>
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	R A						
5:00 PM	L V V A					Closed	Thank you for keeping a
						Closed	Thank you, for keeping a
5:15 PM							close watch ever your
							close watch over your
5:15 PM							_
5:15 PM 5:30 PM							children.
5:15 PM 5:30 PM 5:45 PM 6:00 PM							_
5:15 PM 5:30 PM 5:45 PM 6:00 PM 6:15 PM			Cardio Water		Cardio Water		children.
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5:15 PM 5:30 PM 5:45 PM 6:00 PM 6:15 PM 6:30 PM 6:45 PM			Cardio-Water w/Dee		Cardio-Water w/Dee		children.  No Cellphone Zone.
5:15 PM 5:30 PM 5:45 PM 6:00 PM 6:15 PM 6:30 PM 6:45 PM 7:00 PM			w/Dee		w/Dee	Pool Hou	children.
5:15 PM 5:30 PM 5:45 PM 6:00 PM 6:15 PM 6:30 PM 6:45 PM 7:00 PM 7:15 PM	Closed						children. No Cellphone Zone. rs of Operations
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