



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>Aqua Zone Monday - Friday 4:00a-7a Early Lap Swim 8:00a-11a Lessons/Classes 4p - 7p Open Swim (lifeguards on duty 4-7p) 6:00p-8p Lessons/Classes 8:00p - 10p Late Lap Swim Saturday 8a-11a Lessons/Classes Lap Swim 11:00a-7p Open Swim (lifeguards on duty) Sunday 10a -12p Lap Swim/Lessons 12:00p-6p Open Swim (lifeguards on duty)</p> <p><small>*Lap swim times are only open for ages 18 +. Pool is closed during lesson/class times.</small></p>	9:00a Aqua ZUMBA Ashley M	9:00a Aqua ATTACK Mayra	8:30a Swim Conditioning Amy D	9:00a Hydro POWER Nola	9:00a Aqua Attack Jocelyn/Liz A		
	10:00a Hydro FLOW Liz A				10:00a Aqua ZUMBA Brandi W		
	<p>It's cold outside but the water is WARM! Get to an Aquatics class today!</p>						9:00a Aqua ZUMBA Jocelyn/Jamie
<p>Check with the front desk for pool and lap swim hours!</p>						10:00a Hydro FLOW Ashley T.	
<p>Splash Zone Mon & Wed 11:00a - 1:00p Mon - Thur 4:00 9 - 8:00p Friday 3:00p - 7:00p Saturday 9:00a - 5:00p Sunday 12:00-5p</p> 							
	<p>new!!! 7:00p Aqua PILOXING Heather</p>	7:00p Aqua ATTACK Tracy			7:00p Hydro POWER Michelle		
<p>For questions about the BodyWorks general aquatics program, please contact aquatics@gobodyworks.com</p>		<p><i>Please note:</i> You must have Aqua Access on your membership to attend Aquatic Fitness Classes.</p>		<p>Aquatic Fitness Coordinator: Heather Horn Email me!!! heather@gobodyworks.com</p>			