

River Cities Community Pool Schedule

November 1-30, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap/Walk/Open 5:00-7:00pm	Lap/ Walk/Open 5:00-7:00pm	Lap/Walk/Open 5:00-7:00pm	Lap/ Walk/Open 5:00-7:00pm	Lap/ Walk/Open 5:00-3:00pm	Lap/Walk/Open 6:30-3:00pm	Lap/Walk/Open 10:30-3:00pm
		AquaBody Strong 5:30am-6:15am Must be pre-registered	Cardio Stix (Land) 5:45am – 6:20am	AquaBody Strong 5:30am-6:15am Must be pre-registered		
AquaWake w/Dixie 6:15am-7:00am	Yoga (land) w/Bobbi 6:00-6:45am	AquaWake w/Dixie 6:15am-7:00am		Yoga (land) w/Bobbi 6:00-6:45am	AquaBody Strong 7:00am-7:45 Must be pre-registered 2 Saturdays a month	
AquaLite w/Karie 7:15am-8:00am	Shallow Intervals w/ Kasey 6:00am-6:45am	AquaLite w/Karie 7:15am-8:00am		AquaLite w/Karie 7:15am-8:00am		
Deep Challenge w/Kasey 8:15am-9:00am	Shallow Intervals w/ Kasey 8:15am-9:00am	Fluid Yoga w/Kasey 8:15am-9:00am	Deep Challenge w/Kasey 8:15am-9:00am	AquaBurn w/ Kasey 8:15am-9:00am	AquaBootcamp w/Dixie 8:30am-9:15am	
Joints in Motion w/Jessie 9:15am-10:00am	AquaFit w/Dixie 9:15am-10:00am	Joints in Motion w/Jessie 9:15am-10:00am	AquaFit w/Dixie 9:15am-10:00am			
10:30-11:15am Swim Lessons						
BodyBoss (land) w/Kasey 12:15-12:45pm		BodyBoss (land) w/Kasey 12:15-12:45pm		BodyBoss (land) w/Kasey 12:15-12:45pm		
				Pool Closes at 3:00pm	Pool Closes at 3:00pm	Pool Closes at 3:00pm
	4:15pm-5:00pm Swim Lessons			<i>Pool will be closed November 22, 2018 All Aqua classes are subject to change, must have 3 participants to hold class.</i>		
AquaBody Strong 5:15pm-6:00pm Must be pre-registered	AquaCise w/Dixie 5:15pm-6:00pm	AquaBody Strong 5:15pm-6:00pm Must be pre-registered	Rock Solid w/Kimeen 5:15pm-6:00pm			
6:00pm-6:45pm Swim Lessons			6:00pm-6:45pm Swim Lessons			
