

River Cities Community Pool Schedule

December 1-31, 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			
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		
AquaLite w/Karie 7:15am-8:00am		AquaLite w/Karie 7:15am-8:00am		AquaLite w/Karie 7:15am-8:00am	AquaBody Strong 7:30am-8:15am Must be pre-registered	
Deep Challenge w/Jessie 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	
	AquaFit w/Dixie 9:15am-10:00am	AquaMotion w/Helenea 9:15-10:00am	AquaFit w/Dixie 9:15am-10:00am			
BodyBoss w/Kasey 12:15-12:45		BodyBoss w/Kasey 12:15-12:45				
Pool to close @ 3pm on Christmas Eve & New Years Eve.	Pool will be closed December 25 and January 1st.			Pool Closes at 3:00pm	Pool Closes at 3:00pm	Pool Closes at 3:00pm
				Pool Christmas Party 12-12-18 11-12:30 @ Perkins Everyone is Welcome!		
	AquaCise w/Dixie 5:15pm-6:00pm	AquaBody Strong 5:30pm-6:15pm Must be pre-registered	AquaCise w/Dixie 5:15pm-6:00pm			