

River Cities Community Pool Schedule

January 1-31, 2019

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	<i>AquaBody Strong January 12 & 26 ONLY</i>
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	<i>AquaBody Bootcamp January 19 & 26 ONLY</i>
	AquaFit w/Dixie 9:15am-10:00am	AquaMotion w/Helenea 9:15-10:00am	AquaFit w/Dixie 9:15am-10:00am			
10:30-11:15am Swim Lessons						
BodyBoss w/Kasey 12:15-12:45		BodyBoss w/Kasey 12:15-12:45		BodyBoss w/Kasey 12:15-12:45		
				Pool Closes at 3:00pm	Pool Closes at 3:00pm	Pool Closes at 3:00pm
				2019 Da Yooper Plunge Saturday, January 26, 2019		
	Swim Lessons 4:15pm-5:00pm					
AquaBody Strong 5:30pm-6:15pm Must be pre-registered	AquaCise w/Dixie 5:15pm-6:00pm	AquaBody Strong 5:30pm-6:15pm Must be pre-registered	5:15pm-6:00pm AquaDrenched w/Dawn			
			Swim Lessons 6:00pm-6:45pm			