

# River Cities Community Pool Schedule

## September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap/Walk/Open 5:00am-1:30pm	Lap/Walk/Open 5:00am-1:30pm	Lap/Walk/Open 5:00am-1:30pm	Lap/Walk/Open 5:00am-1:30pm	Lap/Walk/Open 5:00-1:30pm	Lap/Walk/Open 6:30-12:00pm	CLOSED
	BodyBoss Bootcamp (land) 5:15am-6:00am		5:15am-5:45am AquaBody Strong Board Class			
	Yoga (land) w/Bobbi 6:00-6:45am			Yoga (land) w/Bobbi 6:00-6:45am3		
AquaWake w/Dixie 6:15am-7:00am		AquaWake w/Dixie 6:15am-7:00am	AquaWake w/Dixie 6:15am-7:00am			
AquaLite w/Karie 7:15am-8:00am		AquaLite w/Karie 7:15am-8:00am		AquaLite w/Karie 7:15am-8:00am	AquaBody Strong, classes held the 14th & 21st 7:30am-8:15am Must be pre- registered	
Deep Challenge w/Kasey 8:15am-9:00am	Shallow Intervals w/ Kasey 8:15am-9:00am	Fluid Yoga w/DeeDee 8:15am-9:00am	Deep Challenge w/Jessie 8:15am-9:00am	AquaBurn w/ Kasey 8:15am-9:00am	AquaCise 8:30am-9:15am	
	AquaFit w/Helenea 9:15am-10:00am	Rock Solid w/Kimeen 9:15am-10:00am	AquaMotion w/Helenea 9:15am-10:00am			
Pool closes at 1:30	Pool closes at 1:30	Pool closes at 1:30	Pool closes at 1:30	Pool closes at 1:30	Pool closes at 12:00pm	
	Lap/Walk/Open 4:00pm-6:00pm		Lap/Walk/Open 4:00pm-6:00pm			
	AquaCise 5:15pm-6:00pm	5:15pm-6:00pm AquaBody Strong Board Class	AquaDrenched w/Jessie 5:15pm-6:00pm	<b>September 7, 2019 we will only be open 6:30am-8:00am, the UW has a volleyball tournament.</b>		
	Pool closes at 6:00pm	Hot & Humid Deck Yoga 6:15-7:00pm September 11 <sup>th</sup> ONLY	Pool closes at 6:00pm			