

Pool Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00–8:45a.m. Aqua Aerobics		8:00–8:45a.m. Aqua Aerobics		8:00–8:45a.m. Aqua Aerobics	
	9:00–9:45a.m. Aqua Aerobics	9:00–9:45a.m. Aqua Aerobics	9:00–9:45a.m. Aqua Aerobics	9:00–9:45a.m. Aqua Aerobics	9:00–9:45a.m. Aqua Aerobics	9:00–9:45 a.m. Water Babies
10:30– 11:15a.m. White Water Workout	10:15–11:00a.m. Aqua Aerobics	10:15–11:00a.m. Aqua Aerobics	10:15–11:00a.m. Aqua Aerobics	10:15–11:00a.m. Aqua Aerobics	10:15–11:00a.m. Aqua Aerobics	10:00-10:45a.m. Water Babies
						11:00-12:00p.m. Group Swim
			Group Swim 4:00 – 5:45 p.m.		Birthday Parties possibly using the pool 5:30-8:30pm	
	7:00–7:45p.m. Aqua Aerobics	7:15–8:00p.m. Aqua Aerobics		7:15–8:00p.m. Aqua Aerobics		

Tinley Fitness 342-4255 ***All Classes Subject to Change ***

WINTER 2010