

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	9:00-9:45a.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		10:00-10:45a.m. Water Babies
						11:00-12:00p.m. Group Swim
			4:00-5:45p.m. Group Swim	5:15-6:00p.m. Aqua Zumba® This class is not included in your membership	Birthday Parties possibly using the pool 5:30-8:30pm	
		7:15-8:00p.m. Aqua Aerobics		7:15-8:00p.m. Aqua Aerobics		

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

WINTER 2012