


# March 2010


Drop in Gym and Swim Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55  <b>Open Gym 9:00-12:00</b>	<b>2</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55 Adult Lane Swim 8:00-9:00	<b>3</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55  <b>Open Gym 9:00-12:00</b>	<b>4</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:00 Public Swim 6:30-7:55 Adult swim 8:00-9:00	<b>5</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:00 Public Swim 6:30-7:30  <b>Open Gym 9:00-1:00</b>	<b>6</b> <b>Adult Swim 7:35-8:55</b> Public Swim 2:00-5:25 Public Swim 6:30-7:55  <i><b>Book Your Birthday Party With Us</b></i>	
<b>7</b> <b>Adult Swim 7:35-8:55</b> Public Swim 2:00-5:25 Public Swim 6:30-7:55  <i><b>Book Your Birthday Party With Us</b></i>	<b>8</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55  <b>Open Gym 9:00-12:00</b>	<b>9</b> <b>Adult Swim 6:30-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55 Adult Lane Swim 8:00-9:00	<b>10</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55  <b>Open Gym 9:00-12:00</b>	<b>11</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:00 Public Swim 6:30-7:55 Adult swim 8:00-9:00	<b>12</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:00 Public Swim 6:30-7:30  <b>Open Gym 9:00-1:00</b>	<b>13</b> <b>Adult Swim 7:35-8:55</b> Public Swim 2:00-5:25 Public Swim 6:30-7:55  <i><b>Book Your Birthday Party With Us</b></i>	
<b>14</b> <b>Adult Swim 7:35-8:55</b> Public Swim 2:00-5:25 Public Swim 6:30-7:55  <i><b>Book Your Birthday Party With Us</b></i>	<b>15</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55  <b>Open Gym 9:00-12:00</b>	<b>16</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55 Adult Lane Swim 8:00-9:00	<b>17</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55  <b>Open Gym 9:00-12:00</b>	<b>18</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:00 Public Swim 6:30-7:55 Adult swim 8:00-9:00	<b>19</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:00 Public Swim 6:30-7:30  <b>Open Gym 9:00-1:00</b>	<b>20</b> <b>Adult Swim 7:35-8:55</b> Public Swim 2:00-5:25 Public Swim 6:30-7:55  <i><b>Book Your Birthday Party With Us</b></i>	
<b>21</b> <b>Adult Swim 7:35-8:55</b> Public Swim 2:00-5:25 Public Swim 6:30-7:55  <i><b>Book Your Birthday Party With Us</b></i>	<b>22</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55  <b>Open Gym 9:00-12:00</b>	<b>23</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55 Adult Lane Swim 8:00-9:00	<b>24</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55  <b>Open Gym 9:00-12:00</b>	<b>25</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:00 Public Swim 6:30-7:55 Adult swim 8:00-9:00	<b>26</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:00 Public Swim 6:30-7:30  <b>Open Gym 9:00-1:00</b>	<b>27</b> <b>Adult Swim 7:35-8:55</b> Public Swim 2:00-5:25 Public Swim 6:30-7:55  <i><b>Book Your Birthday Party With Us</b></i>	
<b>28</b> <b>Adult Swim 7:35-8:55</b> Public Swim 2:00-5:25 Public Swim 6:30-7:55  <i><b>Book Your Birthday Party With Us</b></i>	<b>29</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55	<b>30</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55 Adult Lane Swim 8:00-9:00	<b>31</b> <b>Adult Swim 6:35-7:55</b> <b>Public Swim 11:00-11:55</b> Adult Swim 12:00-1:25 Public Swim 6:30-7:55	 <p><b>Bold Type = AM Times</b>                      Non-Bold Type = PM Times</p>			

CHECK OUT OUR NEW  
MOM & BABY  
PROGRAMS

# March 2010

Adult Health and Wellness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>Aqua 20/20/20 8:00-8:55</b> <b>Aqua Lite 9:00-9:55</b> <b>*Mom &amp; Baby Pilates &amp; Pool 9:45-11:00</b> *Mom & Baby Aquacize 1:30-2:30 Deep Water Workout 2:30-3:25 Aqua 20/20/20 8:00-8:55	<b>2 Aqua 20/20/20 8:00-8:55</b> *Strollerize 9:30-10:30 <b>Aqua Care 10:00-11:00</b> *Osteofit 11:00-12:00 <b>*Mom &amp; Baby Fit 11:00-12:00</b> *Total Body Workout 12:15-1:00 *Mom&Baby Aquacize 1:30-2:30 *On The Ball 7:00-8:00 *Discover Yoga 7:15-8:30 *Total Body Workout 8:00-9:00	<b>3</b> <b>Aqua 20/20/20 8:00-8:55</b> <b>Aqua Lite 9:00-9:55</b> *Mom & Baby Aquacize 1:30-2:30 Deep Water Workout 3:00-3:55 Aqua 20/20/20 8:00-8:55	<b>4 Aqua 20/20/20 8:00-8:55</b> *Toddlercize 9:30-10:30 <b>Aqua Care 10:00-11:00</b> *Stretch & Balance 11:00-12:00 *On The Ball 12:15-1:00 Pilates Mix-Up 1:00-2:00 *Mom&Baby Aquacize 2:00-3:00 *Restorative Yoga 7:00-8:00 *Bellies & Bums 7:00-8:00 *Beginners Yoga 8:00-9:15 *Skip & Sculpt 8:00-9:00	<b>5 Aqua 20/20/20 8:00-8:55</b> <b>Aqua Lite 9:00-9:55</b> Mom & Baby Pilates & Pool 12:15-1:30 *Mom & Baby Aquacize 1:30-2:30 Deep Water Workout 2:30-3:25	<b>6</b> <b>Pilates/Piloga 9:30—10:30</b>
<b>7</b> Check out the Other side For our Drop in Swim Times	<b>8</b> <b>Aqua 20/20/20 8:00-8:55</b> <b>Aqua Lite 9:00-9:55</b> <b>*Mom &amp; Baby Pilates &amp; Pool 9:45-11:00</b> *Mom & Baby Aquacize 1:30-2:30 Deep Water Workout 2:30-3:25 Aqua 20/20/20 8:00-8:55	<b>9 Aqua 20/20/20 8:00-8:55</b> *Strollerize 9:30-10:30 <b>Aqua Care 10:00-11:00</b> *Osteofit 11:00-12:00 <b>*Mom &amp; Baby Fit 11:00-12:00</b> *Total Body Workout 12:15-1:00 *Mom&Baby Aquacize 1:30-2:30 *On The Ball 7:00-8:00 *Discover Yoga 7:15-8:30 *Total Body Workout 8:00-9:00	<b>10</b> <b>Aqua 20/20/20 8:00-8:55</b> <b>Aqua Lite 9:00-9:55</b> *Mom & Baby Aquacize 1:30-2:30 Deep Water Workout 3:00-3:55 Aqua 20/20/20 8:00-8:55	<b>11 Aqua 20/20/20 8:00-8:55</b> *Toddlercize 9:30-10:30 <b>Aqua Care 10:00-11:00</b> *Stretch & Balance 11:00-12:00 *On The Ball 12:15-1:00 Pilates Mix-Up 1:00-2:00 *Mom&Baby Aquacize 2:00-3:00 *Restorative Yoga 7:00-8:00 *Bellies & Bums 7:00-8:00 *Beginners Yoga 8:00-9:15 *Skip & Sculpt 8:00-9:00	<b>12</b> <b>Aqua 20/20/20 8:00-8:55</b> <b>Aqua Lite 9:00-9:55</b> Mom & Baby Pilates & Pool 12:15-1:30 *Mom & Baby Aquacize 1:30-2:30 Deep Water Workout 2:30-3:25	<b>13</b> <b>Pilates/Piloga 9:30—10:30</b>
<b>14</b> Check out the Other side For our Drop in Swim Times	<b>15</b> <b>Aqua 20/20/20 8:00-8:55</b> <b>Aqua Lite 9:00-9:55</b> <b>*Mom &amp; Baby Pilates &amp; Pool 9:45-11:00</b> *Mom & Baby Aquacize 1:30-2:30 Deep Water Workout 2:30-3:25 Aqua 20/20/20 8:00-8:55	<b>16 Aqua 20/20/20 8:00-8:55</b> *Strollerize 9:30-10:30 <b>Aqua Care 10:00-11:00</b> *Osteofit 11:00-12:00 <b>*Mom &amp; Baby Fit 11:00-12:00</b> *Total Body Workout 12:15-1:00 *Mom&Baby Aquacize 1:30-2:30 *On The Ball 7:00-8:00 *Discover Yoga 7:15-8:30 *Total Body Workout 8:00-9:00	<b>17</b> <b>Aqua 20/20/20 8:00-8:55</b> <b>Aqua Lite 9:00-9:55</b> *Mom & Baby Aquacize 1:30-2:30 Deep Water Workout 3:00-3:55 Aqua 20/20/20 8:00-8:55	<b>18 Aqua 20/20/20 8:00-8:55</b> *Toddlercize 9:30-10:30 <b>Aqua Care 10:00-11:00</b> *Stretch & Balance 11:00-12:00 *On The Ball 12:15-1:00 Pilates Mix-Up 1:00-2:00 *Mom&Baby Aquacize 2:00-3:00 *Restorative Yoga 7:00-8:00 *Bellies & Bums 7:00-8:00 *Beginners Yoga 8:00-9:15 *Skip & Sculpt 8:00-9:00	<b>19</b> <b>Aqua 20/20/20 8:00-8:55</b> <b>Aqua Lite 9:00-9:55</b> Mom & Baby Pilates & Pool 12:15-1:30 *Mom & Baby Aquacize 1:30-2:30 Deep Water Workout 2:30-3:25	<b>20</b> <b>Pilates/Piloga 9:30—10:30</b>
<b>21</b> Check out the Other side For our Drop in Swim Times	<b>22</b> <b>Aqua 20/20/20 8:00-8:55</b> <b>Aqua Lite 9:00-9:55</b> <b>*Mom &amp; Baby Pilates &amp; Pool 9:45-11:00</b> *Mom & Baby Aquacize 1:30-2:30 Deep Water Workout 2:30-3:25 Aqua 20/20/20 8:00-8:55	<b>23 Aqua 20/20/20 8:00-8:55</b> *Strollerize 9:30-10:30 <b>Aqua Care 10:00-11:00</b> *Osteofit 11:00-12:00 <b>*Mom &amp; Baby Fit 11:00-12:00</b> *Total Body Workout 12:15-1:00 *Mom&Baby Aquacize 1:30-2:30 *On The Ball 7:00-8:00 *Discover Yoga 7:15-8:30 *Total Body Workout 8:00-9:00	<b>24</b> <b>Aqua 20/20/20 8:00-8:55</b> <b>Aqua Lite 9:00-9:55</b> *Mom & Baby Aquacize 1:30-2:30 Deep Water Workout 3:00-3:55 Aqua 20/20/20 8:00-8:55	<b>25 Aqua 20/20/20 8:00-8:55</b> *Toddlercize 9:30-10:30 <b>Aqua Care 10:00-11:00</b> *Stretch & Balance 11:00-12:00 *On The Ball 12:15-1:00 Pilates Mix-Up 1:00-2:00 *Mom&Baby Aquacize 2:00-3:00 *Restorative Yoga 7:00-8:00 *Bellies & Bums 7:00-8:00 *Beginners Yoga 8:00-9:15 *Skip & Sculpt 8:00-9:00	<b>26</b> <b>Aqua 20/20/20 8:00-8:55</b> <b>Aqua Lite 9:00-9:55</b> Mom & Baby Pilates & Pool 12:15-1:30 *Mom & Baby Aquacize 1:30-2:30 Deep Water Workout 2:30-3:25	<b>27</b> <b>Pilates/Piloga 9:30—10:30</b>
<b>28</b> Check out the Other side For our Drop in Swim Times	<b>29</b> <b>Aqua 20/20/20 8:00-8:55</b> <b>Aqua Lite 9:00-9:55</b> <b>*Mom &amp; Baby Pilates &amp; Pool 9:45-11:00</b> *Mom & Baby Aquacize 1:30-2:30 Deep Water Workout 2:30-3:25 Aqua 20/20/20 8:00-8:55	<b>30 Aqua 20/20/20 8:00-8:55</b> *Strollerize 9:30-10:30 <b>Aqua Care 10:00-11:00</b> *Osteofit 11:00-12:00 <b>*Mom &amp; Baby Fit 11:00-12:00</b> *Total Body Workout 12:15-1:00 *Mom&Baby Aquacize 1:30-2:30 *On The Ball 7:00-8:00 *Discover Yoga 7:15-8:30 *Total Body Workout 8:00-9:00	<b>31</b> <b>Aqua 20/20/20 8:00-8:55</b> <b>Aqua Lite 9:00-9:55</b> *Mom & Baby Aquacize 1:30-2:30 Deep Water Workout 3:00-3:55 Aqua 20/20/20 8:00-8:55	 <b>THE VOCATIONAL AND REHABILITATION RESEARCH INSTITUTE</b>	<b>* DENOTES REGISTERED PROGRAM</b>  <b>Bold Type = AM Times</b> Non-Bold Type = PM Times	