

Westerville Community Center

Leisure Pool Aqua Fitness Class Schedule FALL 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
7-7:30 a.m.	Adult Swim	Hydrorider Bikes	Adult Swim	Hydrorider Bikes	Adult Swim	
7:30-8 a.m.		7-7:45 am		7-7:45 am		
8-8:30 a.m.		Shallow Water		Shallow Water	Shallow Water	
8:30-9 a.m.		Fitness		Fitness	Fitness	
9-9:30 a.m.	Water Toning	Aquacize	Water Toning	Aquacize	Water Toning	
9:30-10 a.m.						
10-10:30 a.m.	Silver Sneakers	Aquaflex	Silver Sneakers	Aquaflex	Silver Sneakers	
10:30-11 a.m.	(10:05-10:55)		(10:05-10:55)		(10:05-10:55)	
11-11:30 a.m.	Combo Water	Aquaflex	Combo Water	Aquaflex	Combo Water	
11:30-12 p.m.	Workout		Workout		Workout	
12-12:30 p.m.	Silver Sneakers	Low Impact	Silver Sneakers	Low Impact	Pool Closed	
12:30-1 p.m.	(12:05-12:55)	Water Workout	(12:05-12:55)	Water Workout		
1-1:30 p.m.	Adult Swim	Pool Closed	Silver Sneakers	Pool Closed		
1:30-2 p.m.			(1-1:50)			Pool Closed
2-2:30 p.m.			Adult Swim			Pool Closed
2:30-3 pm						
3-3:30 pm						
3:30-4 p.m.	Open Swim	Open Swim	Open Swim	Open Swim		Open Swim
4-4:30 p.m.						
4:30-5 p.m.						
5:00-5:30 p.m.						
5:30-6 p.m.	Water	Water	Water	Water		
6:00-6:30 p.m.	Fitness	Fitness	Fitness	Fitness		
6:30-7 p.m.	Aqua Fit	Water	Aqua Fit	Water		
7-7:30 p.m.	Boot Camp	Fitness	Boot Camp	Fitness		
7:30-8 p.m.	Open Swim	Pool	Open Swim	Pool		
8-8:30 p.m.		Closed		Closed		
8:30-9 p.m.				Pool Closed		