



pool & aqua fitness schedule

Effective January, 2008

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 9:30 am Co-Ed Lap	6:30 - 7:30 am Co-Ed Lap	6:30 - 9:30 am Co-Ed Lap	6:30 - 7:30 am Co-Ed Lap	6:30 - 8:45 am Co-Ed Lap	6:30 - 10:15 am Co-Ed Lap	6:30 - 9:30 am Co-Ed Lap
9:30 - 10:45 am Women Only	7:30 - 9:30 am Men Only	9:30 - 11:00 am Women Only	7:30 - 9:30 am Men Only			9:45 - 10:30 am Aqua fit*Her
11:00 - 11:45 am Kendal Aquatics Swim Lessons	9:30 - 10:15 am Aqua Cardio*Her	11:15 - 1:00 pm Men Only	9:30 - 10:15 am Aqua Interval*Her	9:00 - 12:15 pm Women Only	9:30 - 2:15 pm Kendal Aquatics Swim Lessons	10:30 - 11:00 pm Women Only
11:45 - 1:15 am Co-Ed Recreation	10:15 - 12:45 pm Co-Ed Recreation	1:00 - 2:30 pm Co-Ed Recreation	10:00 - 11:15 am Kendal Aquatics Swim Lessons	12:30 - 1:45 pm Men Only	10:30 - 12:45 pm Co-Ed Lap	11:15 - 12:45 pm Kendal Aquatics Swim Lessons
1:30 - 2:50 pm Women Only			10:15 - 12:45 pm Co-Ed Lap	1:45 - 2:45 pm Co-Ed Recreation	1:00 - 3:00 pm Co-Ed Recreation	1:00 - 3:00 pm Co-Ed Lap
3:00 - 4:00 pm Men Only	1:00 - 2:45 pm Women Only	2:45 - 4:00 pm Men Only	1:00 - 2:45 pm Women Only	3:00 - 4:45 pm Women Only	3:00 - 4:00 pm Men Only	1:30 - 2:15 pm Kendal Aquatics Swim Lessons
4:00 - 6:30 pm Co-Ed Recreation	3:00 - 4:00 pm Men Only	4:00 - 6:45 pm Co-Ed Lap	3:00 - 5:00 pm Men Only	5:00 - 7:45 pm Kendal Aquatics Swim Lessons	4:15 - 6:15 pm Women Only	3:00 - 4:00 pm Men Only
6:45 - 7:30 pm Aqua fit*Her	4:10 - 6:15 pm Women Only	7:00 - 7:45 pm Aqua Interval*Her	5:00 - 7:45 pm Kendal Aquatics Swim Lessons	6:00 - 7:15 pm Co-Ed Lap	6:30 - 7:45 pm Co-Ed Lap	4:15 - 6:15 pm Women Only
7:45 - 8:15 pm Women Only	6:20 - 7:30 pm Men Only	7:45 - 8:15 pm Women Only	7:45 - 9:00 pm Men Only	7:30 - 9:15 pm Women Only	8:00 - 9:00 pm Women Only	6:30 - 7:45 pm Co-Ed Lap
8:30 - 9:30 pm Men Only	7:30 - 10:30 pm Co-Ed Lap	8:20 - 9:30 pm Men Only	9:15 - 10:30 pm Women Only	9:30 - 10:30 pm Co-Ed Recreation	9:15 - 10:30 pm Men Only	8:00 - 9:00 pm Women Only
9:30 - 10:30 pm Co-Ed Recreation	7:45 - 8:45 pm Kendal Aquatics Swim Lessons	9:30 - 10:30 pm Co-Ed Recreation				9:10 - 10:30 pm Men Only

*Classes, times, and instructors are subject to change without notice.

*Her=fit for Her members only, *pp=paid program

*Kendal Aquatics Swimming Lessons leave one swimming pool lane open for Co-Ed Lap Swim. Please see the receptionist for more details on signing up for swim lessons.

Take advantage of all the great programs that Fit Body & Mind has to offer:

