

Z E N E R G Y
HEALTH CLUB • SPA • BOUTIQUE

March 2017 - Zenergy Aquatic Schedule

Monday

8:00-9:00am	Masters (Ed)	Outdoor Pool
11:00-11:55am	Deep Water HydroFit (Margie)	Outdoor Pool
12:00-12:55pm	Masters (Ed)	Outdoor Pool

Tuesday

8:00-9:00am	Masters (Ed)	Outdoor Pool	
11:00-11:55am	Deep Water HydroFit (Suzanne)	Outdoor Pool	
3:30-4:15pm	\$ Advanced Water Fun (Jennifer)	Indoor Pool	Last class March 14
4:00-5:00pm	\$ Sailfish Swim Club (Ed & Maria)	Indoor Pool	Last class March 9
4:15-5:00pm	\$ Swim Improvement / Stroke Clinic (J)	Indoor Pool	Last class March 14
5:00-5:45pm	\$ Intro to Swimming Fun (Jennifer)	Indoor Pool	Last class March 14
5:15-6:15pm	Masters (Ed)	Outdoor Pool	
6:30-7:25pm	Aquability (Jennifer)	Indoor Pool	

Wednesday

8:00-9:00am	Masters (Ed)	Outdoor Pool
10:00-10:55am	\$ Liquid Blade Runner (Suzanne)	Outdoor Pool
11:00-11:55am	Deep Water HydroFit (Margie)	Outdoor Pool
12:00-12:55pm	Masters (Ed)	Outdoor Pool

Thursday

8:00-9:00am	Masters (Ed)	Outdoor Pool
11:00-11:55am	Deep Water Hydrofit (Suzanne)	Outdoor Pool
5:15-6:15pm	Masters (Ed)	Outdoor Pool
6:00-7:25pm	Aquability (Jennifer)	Indoor Pool

Friday

8:00-9:00am	Masters (Ed)	Outdoor Pool
11:00-11:55am	Deep Water HydroFit (Margie)	Outdoor Pool
12:00-12:55pm	Masters (Ed)	Outdoor Pool

Saturday

Sunday

* Please note: When temperatures are at zero or lower at 7:00am,
8:00am Masters will be cancelled & 11:00am Hydrofit Class will be held indoors (2 lanes)