

Z E N E R G Y

HEALTH CLUB • SPA • BOUTIQUE

May 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
4:00-5:15pm	\$ Atkinsons Park Swim (Ed & Maria)	Outdoor Pool

Tuesday

8:00-9:00am	Masters (Ed)	Outdoor Pool	
11:00-11:55am	Blade Runner (Suzanne)	Outdoor Pool	
3:00-3:40pm	\$ April beg Water Fun age 3,4,5 (Jenni)	Indoor Pool	April 4 - May 30
3:45-4:25pm	\$ Kids Stroke Improvement Age 6 +(Je)	Indoor Pool	April 4 - May 30
4:00-5:15pm	\$ Atkinsons Park Swim (Ed & Maria)	Outdoor Pool	
4:30-5:15pm	\$ April Beg Water Fun Age 2-3 (Jennifer)	Indoor Pool	April 4 - May 30
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
11:00-11:55am	Deep Water HydroFit (Margie)	Outdoor Pool
12:00-12:55pm	Masters (Ed)	Outdoor Pool
4:00-5:15pm	\$ Atkinsons Park Swim (Ed & Maria)	Outdoor Pool

Thursday

8:00-9:00am	Masters (Ed)	Outdoor Pool
11:00-11:55am	Deep Water Hydrofit (Suzanne)	Outdoor Pool
4:00-5:15pm	\$ Atkinsons Park Swim (Ed & Maria)	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

10:00-10:25am	\$ Water Babies Ages 1.5 - 2.5 (Missy)	Indoor Pool	Last class May 13
4:30 - 5:00pm	\$ Water Babies (Missy)	Indoor Pool	Last class May 13

Sunday

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