

2017

Senior Center Pool Fitness Area Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
6:30	Classics		Classics		Classics		
7:00	6:15-7:15		6:15-7:15		6:15-7:15		
7:30	Fun & Fitness		Fun & Fitness		Fun & Fitness		
8:00	7:30-8:30	Classics	7:30-8:30	Classics	7:30-8:30		
8:30	Stretch & Tone	8:00-9:00	Stretch & Tone	8:00-9:00	Stretch & Tone		
9:00	8:30-9:30	Classics	8:30-9:30	Classics	8:30-9:30	9:00 AM	
9:30	Classics	9:00-10:00	Classics	9:00-10:00	Classics		
10:00	9:30-10:30	Classics	9:30-10:30	Classics	9:30-10:30		
10:30	Drop-in Volleyball	10:00-11:00	Drop-in Volleyball	10:00-11:00	Drop-in Volleyball		
11:00	10:30-11:30		10:30-11:30		10:30-11:30		
11:30							
12:00	Twinges +	Splash	Twinges +	Splash	Twinges +		Noon
12:30	12:15-1:15	12:15-1:10	12:15-1:15	12:15-1:10	12:15-1:15		
1:00		Splash		Splash			
1:30		1:15-2:10		1:15-2:10			
2:00							
2:30							
3:00						3:00 PM	3:00 PM
3:30							
4:00	Aqua-Natal	Adv. Fitness	Aqua-Natal	Adv. Fitness	Aqua-Natal		
4:30	4:15-5:15	4:00-5:00	4:15-5:15	4:00-5:00	4:15-5:15		
5:00	Classics		Classics		Classics		
5:30	5:15-6:15	Aqua Box	5:15-6:15	Aqua Box	5:15-6:15		
6:00	Basic	5:30-6:30	Basic	5:30-6:30	Basic		
6:30	6:15-7:15		6:15-7:15		6:15-7:15		
7:00		Classics		Classics			
7:30		7:00-8:00		7:00-8:00			

Pool Hours: Monday - Friday: 6am to 8pm
Saturday: 9am to 3pm
Sunday: Noon to 3pm

For Senior Center closures & special hours due to holidays & special events: 970-221-6644 or fcgov.com/seniorcenter

Pool space is limited to two lanes during scheduled classes and programs; sharing lanes at this time is expected. For class registration information, please pick up a copy of the Recreator at the front desk.



Updated 1/10/2017