

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HOURS OF OPERATION MONDAY-FRIDAY 8:00 AM-8:30PM SATURDAY 8:00 AM-5:30PM SUNDAY-CLOSED	SWIM TEAM PRACTICE STINGRAYS HIGH SCHOOL SPECIAL OLYMPICS MONDAY-FRIDAY AM MONDAY-FRIDAY AM TUESDAY: 10:30 AM 5:00 AM-6:30AM 6:30 AM-7:30 AM WEDNESDAY 2:30 PM MON-THURS PM MON-THURS PM 5:30 PM-7:30 P 4:15 PM-5:30 PM			1	2	3
				SWIM TEAM PRACTICE	HIGH SCHOOL SWIM MEET: CLOSE AT 4PM	
4	5	6	7	8	9	10
CLOSED	SWIM TEAM PRACTICE	SWIM TEAM PRACTICE	SWIM TEAM PRACTICE	SWIM TEAM PRACTICE	HIGH SCHOOL SWIM MEET: CLOSE AT 4PM	
11	12	13	14	15	16	17
CLOSED	SWIM TEAM PRACTICE	SWIM TEAM PRACTICE	SWIM TEAM PRACTICE	HIGH SCHOOL SWIM MEET: CLOSE AT 4PM		CLOSED CANDY CANE SPRINT SWIM MEET
18	19	20	21	22	23	24
CLOSED	SWIM TEAM PRACTICE	SWIM TEAM PRACTICE	SWIM TEAM PRACTICE	SWIM TEAM PRACTICE	 CLOSED	CHRISTMAS EVE CLOSED
25 Christmas Day	26	27	28	29	30	31
 CLOSED	 CLOSED	SWIM TEAM PRACTICE	SWIM TEAM PRACTICE	SWIM TEAM PRACTICE	SWIM TEAM PRACTICE	

Boundary Waters Aquatic Center Fitness Schedule December 2016

NO CLASSES ON 12/17 (Candy Cane Sprint), 12/23, 12/24, and 12/26 (Christmas)



H2O FIT Instructor: Julianca McCoyd

9:45 A.M. Monday, Wednesday, & Friday

7:00 P.M. Thursday

\$6 Water Aerobics for everyone

\$1.00 OFF FOR MARRIED COUPLES

Strength & Toning- **MON.** Abs Lab- **TUES.** Cardio Fit-**WED.**

Instructor: Dana Wester

(No class 12/12,12/13,12/14,12/26,12/27 and 12/28)

6:00 pm \$4 /age 55+ \$3



AQUA ZUMBA

INSTRUCTOR: PAMELA BENNETT

SATURDAY'S @ 9:30 AM

\$8.00 PER CLASS

Body By U Fitness

(NO CLASSES FROM DECEMBER 19TH-JANUARY 3RD, 2017)

Monday: Healthy Body Habits @ 5:45pm & Dancerciz Line Dance @ 7:00pm

Tuesday: Tums, Bums, & Legs @ 6:00pm & KickFit @ 7:00pm

Thursday: FitBody Camp @ 6:00pm & Boot Camp @ 7:00pm

Saturday: Flex & Stretch @ 8:45am & Boot Camp 101 @ 9:45am



\$5.00 per class

\$25.00 monthly

\$37.50 for buddy pass