

WEED COMMUNITY GYM & FITNESS CENTER POOL SCHEDULE

MONDAY & WEDNESDAY

- AQUA AEROBICS - 9-10AM
- ADULT ONLY SWIM - 10:15-1PM
- OPEN SWIM - 1-5:15PM
- AQUA AEROBICS - 5:30-6:30PM

TUESDAY

- ADULT EXERCISE - 8:30-9:00AM
- AQUA AEROBICS - 9:00-10:00AM
- ADULT ONLY SWIM - 10:15-1PM
- OPEN SWIM - 1-5:00PM

WEDNESDAY

- AQUA AEROBICS - 9-10AM
- ADULT ONLY SWIM - 10:15-1PM
- OPEN SWIM - 1-5:15PM
- AQUA AEROBICS - 5:30-6:30PM

THURSDAY

- ADULT EXERCISE - 8:30-9:30AM
- ADULT ONLY SWIM - 9:30-1PM
- OPEN SWIM - 1-5:15PM
- AQUA AEROBICS - 5:30-6:30PM

FRIDAY

- AQUA AEROBICS - 9-10AM
- TODDLER TIME/PARENT - 10:15-11:45AM
- ADULT ONLY SWIM - 11:45-2PM
- OPEN SWIM - 2-4:30PM



COME JOIN A CLASS, NON-MEMBER DROP-IN FEE TO TRY A CLASS IS \$5.00

NON-MEMBER CLASS PASSES ARE AVAILABLE

10 CLASSES \$35.00

5 CLASSES \$20.00

A non-refundable class pass is good for one:

fitness class, pool use or workout in the gym

Passes will expire 3 months from the purchase date.

CLASSES ARE SUBJECT TO CHANGE AT ANY TIME

161 E Lincoln Ave

(530)938-4685