

# GreatPLAY-Pool & Land Classes

1936 NW Tyler Street (785) 233-9815

POOL OPENS AT 5:30am\*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	<b>AquaFIT</b> 8:00a-9:00a Shallow End (Alice)		<b>AquaFIT</b> 8:00a-9:00a Shallow End (Alice)		<b>AquaFIT</b> 8:00a-9:00a Shallow End (Alice)	<b>Water Walking</b> 8:30a-9:30a Deep End (Sally)
	<b>Deep Water Workout</b> 9:30a-10:30a Deep End (Donna) (Donna)		<b>Deep Water Workout</b> 9:30a-10:30a Deep End (Donna) (Donna)		<b>Deep Water Workout</b> 9:30a-10:30a Deep End (Donna) (Donna)	
Lunch hour		<b>AquaFIT</b> 11:00a-12:00noon Shallow End (Glennis)		<b>AquaFIT</b> 11:00a-12:00noon Shallow End (Glennis)		
Evening	<b>Seaman Swim Practice</b> 3:30p-5:00p Lap Lanes Sept - May	<b>Seaman Swim Practice</b> 3:30p-5:00p Lap Lanes Sept - May	<b>Seaman Swim Practice</b> 3:30p-5:00p Lap Lanes Sept - May	<b>Seaman Swim Practice</b> 3:30p-5:00p Lap Lanes Sept - May	<b>Seaman Swim Practice</b> 3:30p-5:00p Lap Lanes Sept - May	
	<b>AquaFIT</b> 5:30p-6:30p Shallow End (Sally)	<b>Deep Water Workout</b> 5:30p-6:30p Deep End (Sally)	<b>AquaFIT</b> 5:30p-6:30p Shallow End (Sally)	<b>AquaHIIT</b> 5:30p-6:30p Shallow End (Sally)	<b>Group Exercise Schedules are online at <a href="http://www.greatlifegolf.com/-fitness-classes">www.greatlifegolf.com/-fitness-classes</a></b>	

POOL CLOSSES AT 7:45pm