

AEROBICS & AQUATICS FITNESS CLASS SCHEDULE - JULY

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM to 9:00 AM	<i>Aerobics w/Toning</i> Cathy Hickle <i>9 to 10 a.m.</i>					
9:00 AM to 9:50 AM	<i>Active Aquatics</i> Jane Humienny	<i>Aqua Arthritis</i> Jane Humienny	<i>Aqua Arthritis</i> Beverly Ludewig	<i>Water Aerobics</i> Jane Humienny	<i>Aqua Arthritis</i> Beverly Ludewig	
10:00 AM to 11:00 AM	<i>Silver Sneakers Muscular Strength</i> Cathy Hickle		YOGA 9 TO 10 AM Jane Humienny			<i>9:30 TO 10:30 AM ZUMBA FITNESS</i> Stacey Mort \$1.00
10:00 AM to 11:00 AM	<i>Aqua Fit</i> Jane Humienny	<i>Water Aerobics</i> Jane Humienny	<i>Water Aerobics</i> Jane Humienny	<i>Aqua Fit</i> Jane Humienny	<i>Water Aerobics</i> Beverly Ludewig	
11:00 AM NOON			<i>Silver Sneakers Muscular Strength</i> Jane Humienny		<i>Silver Sneakers Stretch & Balance</i> Jane Humienny	<i>10:30 to 11:30 am Aqua Zumba</i> Cindy Roberts \$1.00
4:00 6:00 PM	5:00 and 5:30 p.m. AQUA TOTS SWIM CLASS \$7.00 - Class 6-months-4-Yrs-Old Caitlyn Beach Barrett					
EVENING 5:30 PM to 6:30 PM	<i>Cardio-Strength Toning</i> Debbie Boniti		<i>Cardio-Strength Toning</i> Debbie Boniti		<i>Cardio-Strength Toning</i> Debbie Boniti	
6:00 PM to 7:00 PM	<i>Water Aerobics</i> Barb Turner	<i>Water Aerobics</i> Yvonne Rozman	<i>Water Aerobics</i> Beverly Ludewig	<i>Water Aerobics</i> Barb Turner		
6:30 PM to 7:30 PM		<i>ZUMBA FITNESS</i> Stacey Mort \$1.00		<i>ZUMBA FITNESS</i> Stacey Mort \$1.00		
7:00 to 8:45 pm	7:00 to 8:00 p.m. MAINSTREAM ZUMBA AMANDA PULICE \$1.00		7:00 to 8:00 p.m. ZUMBA FITNESS AMANDA PULICE \$1.00			

NOTE: The Pool is NOT CLOSED to the public during any of the WATER classes EXCEPT SWIM LESSONS and POOL RENTALS

1 Lap Lane remains up for swimmers to reserve space for during the day.

2- Open Swimming During Classes in DEEP END ONLY -- UNLESS RENTED

**OPEN - MON thru FRI - from 6 a.m. to 8:00 p.m. (Pool closes at 7:45); SATURDAYS - from 9 a.m. until 5 p.m. (Pool closes at 4:45)
CLOSED SUNDAYS until MID-OCTOBER**

FOR MORE INFORMATION, VISIT ARE WEBSITE AT <http://mcc-weir.tripod.com> -- or -- CALL 304-797-8520

Twitter -- @MillsopCenter and Facebook - Millsop Community Center

OPERATIONAL HOURS

MON - FRI - 6 AM TO 8 PM

SAT - 9 AM TO 5 PM

CLOSED SUNDAYS