



POOL SCHEDULE

57121 Sunnyslope Dr., Yucca Valley, CA 92284
(760) 365-9661



Winter 2018-2019



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|
| 7 AM Adv. Aerobics w/Wanda Stadum | 7 AM Adv. Aerobics w/Wanda Stadum | 7 AM Adv. Aerobics w/Lucinda Hampson | 7 AM Adv. Aerobics w/Wanda Stadum | 7 AM Adv. Aerobics w/Wanda Stadum | |
| 8 AM Inter. Aerobics w/Lucinda Hampson | 8 AM Inter. Aerobics w/ Teri Trent | 8 AM Inter. Aerobics w/ Teri Trent | 8 AM Inter. Aerobics w/Carol Husband | 8 AM Inter. Aerobics w/ Lucinda Hampson | |
| 9 AM Basic Warm Water Exercise w/Linda Vest | 9 AM Basic Warm Water Exercise w/Scot McKone | 9 AM Basic Warm Water Exercise w/Linda Vest | 9 AM Basic Warm Water Exercise w/Scot McKone | 9 AM Yoga w/Shanta Reed | |
| 10 AM Basic Warm Water Exercise w/Kate Baiko | 10 AM Active Warm Water Exercise w/Adrienne Cox | 10 AM Basic Warm Water Exercise w/Kathy Breslin | 10 AM Active Warm Water Exercise w/ Joyce Johnson | 10 AM Basic Warm Water Exercise w/Kathy Breslin | 10 AM Active Warm Water w/Kathryn Hilton |
| 11 AM Water Yoga w/Kathy Dougan | 11 AM Warm Water Walkie Talkie w/Joyce Johnson | 11 AM Unclass w/David Zeigler | 11 AM Warm Water Walkie Talkie w/ Joyce Johnson | 11 AM Unclass w/David Zeigler | 11 AM Unclass w/ Lynn Portera |
| 12 PM Unclass w/Kathy Dougan | 12 PM Intro to Aerobics w/Donna Tomlinson | 12 PM Intro to Aerobics w/Donna Tomlinson | 12 PM Active Warm Water Exercise w/Teri Medford | 12 PM Intro to Aerobics w/ Donna Tomlinson | 12 PM Adult Volley Ball w/Karen Ford |
| 1 PM Inter. Aerobics w/Susan Madavan | 1 PM UnClass Class w/Lynn Portera | 1 PM Intro to Aerobics w/Sybil Marcus | 1 PM Unclass Class w/Teri Medford | 1 PM Inter. Aerobics w/ Susan Madavan | |
| 2 PM Aerobic/Volleyball w/Karen Ford | | 2 PM Aerobic/Volleyball w/Tim Taylor | | 2 PM Aerobic/Volleyball w/ Karen Ford | |
| <p>Due to vacations & personal reasons, classes may have substitute instructors. Please support the people who give up their time to come & instruct your class.</p> | | | | | |

*** Schedule is subject to change***