

POOL SCHEDULE

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



Winter 2018-2019



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