



POOL SCHEDULE

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



SUMMER 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/Kate Baiko	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/Lucinda Hampson	8 AM Inter. Aerobics w/ Teri Trent	
9 AM Aerobics w/ Lucinda Hampson	9 AM Basic Warm Water Exercise w/Scot McKone	9 AM Water Zumba w/ Maria Amstutz	9 AM Basic Warm Water Exercise w/Scot McKone	9 AM Yoga w/Shanta Reed	
10 AM Active 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/Shanta	11 AM Unclass w/Joyce Johnson	11 AM Unclass w/David Zeigler	11 AM Unclass w/ Joyce Johnson	11 AM Unclass w/David Zeigler	11 AM Unclass w/ Karen F. or Kathy D.
12 PM Unclass Exercise 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 Exercise w/ Katie King	1 PM Inter Aerobics w/Susan Madavan	1 PM Unclass Exercise w/Teri Medford	1 PM Inter. Aerobics w/ Susan Madavan	
2 PM. Circuit Training w/ Cindy McVay		2 PM Circuit Training w/ Cindy McVay		2 PM Aerobic/Volleyball w/ Tim Taylor	
			6 PM Adv Aerobics w/ Lucinda Hampson		
<p>Due to vacations & personal reasons, classes may have various substitute instructors. Please support the people who give up their time to come & instruct your class.</p>					

*** Schedule is subject to change***