



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

POOL SCHEDULE

DECEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
7 AM <i>Advanced Aerobics</i> Wanda Stadum	7 AM <i>Advanced Aerobics</i> Wanda Stadum	7 AM No class	7 AM <i>Advanced Aerobics</i> Wanda Stadum	7 AM <i>Advanced Aerobics</i> Wanda Stadum
8 AM <i>Intermediate Aerobics</i> Kathy Dougan	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Kathy Dougan
9 AM <i>Yoga in the Water</i> Kathy Dougan	9 AM <i>Mind & Body</i> <i>Beginning Aerobics</i> Sunny Evans	9 AM <i>Active Warm Water</i> Scot McKone	9 AM <i>Mind & Body</i> <i>Beginning Aerobics</i> Sunny Evans	9 AM <i>Yoga in the Water</i> Kathy Dougan
10 AM <i>Rockin' & Rollin' Aerobics</i> Kathryn Hilton	10 AM <i>Intermediate Aerobics</i> Eve Vykydal	10 AM <i>Basic Warm Water</i> Kathy Breslin	10 AM <i>Intermediate Aerobics</i> Eve Vykydal	10 AM <i>Intro to Warm Water</i> Kathy Breslin
11 AM <i>Aerobics</i> Tommy Dodson	11 AM <i>Walkie-Talkie</i> Joyce Johnson	11 AM <i>Intro to Aerobics</i> Donna Tomlinson	11 AM <i>Walkie-Talkie</i> Joyce Johnson	11 AM No class
12 PM <i>Eclectic Aerobics</i> Megan Close	12 PM <i>Basic Warm Water</i> Joyce Johnson	12-1:00 PM <i>Disco Aerobics</i> Tommy Dodson	12 PM <i>Basic Warm Water</i> Joyce Johnson	12 PM Fluid QiGong Megan Close
	6:00-8:00 PM <i>Active Adult Volleyball</i> Anita/Michal Brock			6:00-8:00 PM <i>Active Adult Volleyball</i> Anita/Michal Brock
<p>PLEASE NOTE***</p> <p>WE ARE CLOSED FOR THE HOLIDAYS FROM 12-23</p> <p>TO 1-5. WE RE-OPEN JANUARY 6th.</p>				
<p>OUR HOURS ARE MON-FRI 7am to 1:30pm</p> <p>WED 8am to 1:30pm</p>				



****Schedule is subject to change****