




57121 Sunnyslope Dr., Yucca Valley

(760) 365-9661

POOL SCHEDULE

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
7AM <i>Advanced Aerobics</i> Wanda Stadum	7AM <i>Advanced Aerobics</i> Wanda Stadum	7AM No class	7AM <i>Advanced Aerobics</i> Wanda Stadum	7AM <i>Advanced Aerobics</i> Wanda Stadum
8 AM <i>Intermediate Aerobics</i> Kathy Dougan	8 AM <i>Intermediate Aerobics</i> Kathy D/Cec Neale	8 AM <i>Intermediate Aerobics</i> Kathy D/Cec Neale	8 AM <i>Intermediate Aerobics</i> Kathy D/Cec Neale	8 AM <i>Intermediate Aerobics</i> Kathy Dougan
9 AM <i>Yoga in the Water</i> Kathy Dougan	9 AM <i>Mind & Body Beginner Aerobics</i> Sunny Evans	9 AM <i>Active Warm Water</i> Scot McKone	9 AM <i>Mind & Body Beginner 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 PM No class	12 PM <i>Basic Warm Water</i> Joyce Johnson	12 PM Fluid Qi Gong Megan Close
1 PM <i>Active Warm Water</i> Terri Medford	1 PM <i>Freestyle</i> Karen Ford	1 PM Freestyle Teresa Birch	1 PM <i>Disco Aerobics</i> Tommy Dodson	1 PM <i>Active Warm Water</i> Terri Medford
	6:00-8:00 PM <i>Adult Water Volleyball</i> Michal Brock			6:00-8:00 PM <i>Adult Water Volleyball</i> Michal Brock
Schedule is subject to change				
Please check the schedule on the easel at the pool desk for changes.				
				