



POOL SCHEDULE

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

SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
7 AM <i>Advanced Aerobics</i> Maria Amstutz	7 AM <i>Advanced Aerobics</i> Wanda Stadum	7 AM <i>Advanced Aerobics</i> Maria Amstutz	7 AM <i>Advanced Aerobics</i> Wanda Stadum	7 AM <i>Advanced Aerobics</i> Maria Amstutz
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> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Kathy Dougan
9 AM <i>Yoga in the Water</i> Kathy Dougan	9 AM <i>Aerobics for All</i> Kari Smith	9 AM <i>Active Warm Water</i> Scot McKone	9 AM <i>Active Warm Water</i> Kathy Dougan	9 AM <i>Yoga in the Water</i> Kathy Dougan
10 AM	10 AM <i>Intermediate Aerobics</i> Eve Vykydal	10 AM <i>Basic Warm Water</i> Patz Corey	10 AM <i>Intermediate Aerobics</i> Eve Vykydal	10 AM <i>Intro to Warm Water</i> Various
11 AM <i>Aerobics</i> Tommy Dodson	11 AM <i>Walkie-Talkie</i> Joyce Johnson	11 AM <i>Freestyle</i> Shanta Reed	11 AM <i>Walkie-Talkie</i> Joyce Johnson	11 AM <i>Freestyle</i> Shanta Reed
12 PM <i>Liquid Dance</i> Neysa Griffith	12 PM <i>Basic Warm Water</i> Joyce Johnson	12 PM <i>In the Flow Yoga</i> Neysa Griffith	12 PM <i>Basic Warm Water</i> Joyce Johnson	12 PM Aqua Yogix Neysa Griffith
1 PM <i>Active Warm Water</i> Terri Medford	1 PM <i>Aerobics for All</i> Kari Smith	1 PM <i>Intro to Aerobics</i> Donna Tomlinson	1 PM No class	1 PM <i>Active Warm Water</i> Terri Medford
6:00-7:00 PM <i>Intermediate Aerobics</i> Tommy Dodson	6:00-8:00 PM <i>Adult Water Volleyball</i> Michal Brock			5:30-7:30 PM <i>Adult Water Volleyball</i> Tim Taylor

OUR HOURS ARE MON-FRI 8am to 2:30pm

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