

GYM HOURS
24 HRS

NS **FITNESS**

JUNGLE GYM HOURS
M-F: 8AM – NOON
4PM – 8PM
SATURDAY 8AM - NOON

JANUARY H2O SCHEDULE
530-674-8700

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
7AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	OPEN POOL
8AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	OPEN POOL
10AM	SWIM FIT ASHLEY	SWIM FIT ASHLEY	AQUA PUMP ASHLEY	SWIM FIT ASHLEY	LAP SWIM	OPEN POOL
11AM	LAP SWIM	WATER FIT JULIE	WATER FIT JULIE	WATER FIT JULIE	LAP SWIM	OPEN POOL
12-4PM	OPEN POOL	*H2O* XTREME GROUP TRAINING	OPEN POOL	OPEN POOL	POOL MAINTANCE CLOSED 12-1	OPEN POOL
5:30PM	LAP SWIM	WATER AEROBICS KAREN	LAP SWIM	WATER AEROBICS KAREN	LAP SWIM	OPEN POOL
6:00PM	OPEN POOL	OPEN POOL	OPEN POOL	OPEN POOL	OPEN POOL	OPEN POOL
7:30PM	LAP SWIM	7 P.M –8P.M POOL CLOSED	LAP SWIM	*H2O* XTREME GROUP TRAINING	LAP SWIM	OPEN POOL

SCHEDULE MAY CHANGE!

SPIN SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 P.M.	ENDURANCE <u>RIDE</u> MIGUEL		KEEPIN' IT <u>REAL</u> MIGUEL		

