

Rec Center Hours:
 Monday-Friday 5:00 AM – 9:00 PM
 Saturday 8:00 AM – 6:00 PM
 Sunday 1:00 PM – 8:00 PM

March 2019

Fall/Winter Lifeguard Hours:
 Monday-Friday 6:30 PM – 8:45 PM
 Saturday & Sunday 2:00 PM – 5:00 PM
 Phone: 712-364-3716

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 5:30 AM Spinning	2
3 Co-ed Vball 6:30 PM-8:30 PM	4 5:30 AM Zumba 8:00 AM Pilates 5:00 PM Upper Body Tone 5:30 PM Water Aerobics	5 5:30 AM Mix 5:00 PM Lower Body Tone 5:30-6:15 PM Mix	6 5:30 AM Zumba 8:00 AM Step Aerobics 5:00 PM Upper Body Tone 5:30 PM Water Aerobics	7 5:30 AM Mix 8:45 AM Water Aerobics 9:30 AM Step Aerobics 5:00 PM Lower Body Tone 5:30 PM Beginner's Tabata	8 5:30 AM Spinning	9
10 Co-ed Vball 6:30 PM-8:30 PM	11 5:30 AM Zumba 8:00 AM Pilates 5:00 PM Upper Body Tone 5:30 PM Water Aerobics	12 5:30 AM Mix 5:00 PM Lower Body Tone 5:30-6:15 PM Mix	13 5:30 AM Zumba 8:00 AM Step Aerobics 5:00 PM Upper Body Tone 5:30 PM Water Aerobics	14 5:30 AM Mix 8:45 AM Water Aerobics 9:00 Step Aerobics 5:00 PM Lower Body Tone 5:30 PM Beginner's Tabata	15 5:30 AM Spinning	16 WWW Racquetball Tournament
17 Co-ed Vball 6:30 PM-8:30 PM	18 5:30 AM Zumba 8:00 AM Pilates 5:00 PM Upper Body Tone 5:30 PM Water Aerobics	19 5:30 AM Mix 5:00 PM Lower Body Tone 5:30-6:15 PM Mix	20 5:30 AM Zumba 8:00 AM Step Aerobics 5:00 PM Upper Body Tone 5:30 PM Water Aerobics	21 5:30 AM Mix 8:45 AM Water Aerobics 9:30 AM Step Aerobics 5:00 PM Lower Body Tone 5:30 PM Beginner's Tabata	22 5:30 AM Spinning	23
24 Co-ed Vball 6:30 PM-8:30 PM	25 5:30 AM Zumba 8:00 AM Pilates 5:00 PM Upper Body Tone 5:30 PM Water Aerobics	26 5:30 AM Mix 5:00 PM Lower Body Tone 5:30-6:15 PM Mix	27 5:30 AM Zumba 8:00 AM Step Aerobics 5:00 PM Upper Body Tone 5:30 PM Water Aerobics	28 5:30 AM Mix 8:45 AM Water Aerobics 9:30 AM Step Aerobics 5:00 PM Lower Body Tone 5:30 PM Beginner's Tabata	29 5:30 AM Water Aerobics	30
31 Co-ed Vball 6:30 PM-8:30 PM						

