

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

September 2019

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|---|--------------------------------|--|---|---------------------------|----------|
| 1 Yoga 5:00-6:00 | 2 CLOSED for LABOR DAY | 3 5:30 AM Mix | 4 5:30 AM Weights 8:00 AM Step Aerobics 5:00 PM Tone STARTS! 5:30 PM Water Aerobics 6:30 PM Yoga | 5 5:30 AM Mix 8:45 AM Water Aerobics 9:30 AM Step Aerobics 5:00 PM Tone | 6 5:30 AM Water Aerobics | 7 |
| 8 Yoga 5:00-6:00 | 9 8:00 AM Pilates 5:00 PM Tone 5:30 PM Water Aerobics | 10 5:30 AM Mix 5:00 PM Tone | 11 5:30 AM Weights 8:00 AM Step Aerobics 5:00 PM Tone 5:30 PM Water Aerobics 6:30 PM Yoga | 12 5:30 AM Mix 8:45 AM Water Aerobics 9:30 AM Step Aerobics 5:00 PM Tone | 13 5:30 AM Water Aerobics | 14 |
| 15 Yoga 5:00-6:00 | 16 8:00 AM Pilates 5:00 PM Tone 5:30 PM Water Aerobics | 17 5:30 AM Mix 5:00 PM Tone | 18 5:30 AM Weights 8:00 AM Step Aerobics 5:00 PM Tone 5:30 PM Water Aerobics 6:30 PM Yoga | 19 5:30 AM Mix 8:45 AM Water Aerobics 9:30 Step Aerobics 5:00 PM Tone | 20 5:30 AM Water Aerobics | 21 |
| 22 Yoga 5:00-6:00 | 23 8:00 AM Pilates 5:00 PM Tone 5:30 PM Water Aerobics | 24 5:30 AM Mix 5:00 PM Tone | 25 5:30 AM Weights 8:00 AM Step Aerobics 5:00 PM Tone 5:30 PM Water Aerobics 6:30 PM Yoga | 26 5:30 AM Mix 8:45 AM Water Aerobics 9:30 AM Step Aerobics 5:00 PM Tone | 27 5:30 AM Water Aerobics | 28 |
| 29 Yoga 5:00-6:00 | 30 8:00 AM Pilates 5:00 PM Tone 5:30 PM Water Aerobics | | | | | |

