



# ARBOR FITNESS CENTER INDOOR POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 am	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
7:00 am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
8:00 am	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk
9:00 am	*Deep Water Aerobics LARRY	*Shallow Water Aerobics SUE	*Deep Water Aerobics TRISH	*Shallow Water Aerobics BARB	*Deep Water Aerobics SUE
10:00am	Open Swim	*Shallow Water Aerobics SUE	Open Swim	*Shallow Water Aerobics BARB	Open Swim
11:00am	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
12:30pm	Aqua Aerobics Club	*Shallow Water Aerobics DIANE	Aqua Aerobics Club	*Shallow Water Aerobics SHERRE	Aqua Aerobics Club
1:30 pm	Open Swim	Water Volleyball Club 1:30 - 3:30 pm	Water Volleyball Club 1:30 - 3:30 pm	Water Volleyball Club 1:30 - 3:30 pm	Open Swim
2:30 pm	Open Swim				
3:30 - 8:15pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim

Open Swim: Saturdays 7 AM - 7:45 PM; Sundays 9 AM - 6:45 PM

\*Fee-based class For pool inquiries, please call (352) 854-8707 Ext. 7639.

