



# Southwest Recreation Schedule

**Hours:** M-F: 6am-8pm Sat: 8am-2pm; Sun: 8am-12pm

January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45-9:45a Tai Chi	9-10a Chair Exercise	8:30-9:30a Tai Chi	9-10a Chair Exercise	8:30-9:30a Tai Chi	9-10:30am Gentle/Restorative Yoga
5:15-6:15p Rec Fit Circuit Training	10:15-11:15a SilverSneakers Classic	10:30-11:30a RecFit Stretch	10:15-11:15a SilverSneakers Classic	9:30-10:30a RecFit Boot Camp	
	11:30a-12:30p SilverSneaker Cardio	11:30a-12:30p Zumba Gold	11:30a-12:30p SilverSneaker Cardio	10-11a Yoga	
	5:30-6:30p Power Sculpt Fitness		5:30-6:30p Butts & Guts		
	6-7p Pilates (not included in RecFit Pass)		6-7p Pilates (not included in RecFit Pass)		



# Southwest Pool Schedule

**Hours:** M-F: 7am-2pm, Tue/Thu: 6:30-8:30pm Sat & Sun: Closed

January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30-9:30a Aqua Fit & Trim	9:30-10:30a Deep Water Exercise	8:30-9:30a Aqua Fit & Trim	9:30-10:30a Deep Water Exercise	8:30-9:30a Aqua Fit & Trim	
	9:45-10:45a Aqua Zumba		9:45-10:45a Aqua Zumba		9:45-10:45a Aqua Zumba	