



Southwest Recreation Schedule

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

September 2020

| 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 | Gentle Yoga 9-10:30am |
| 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 | 10-11a Yoga | |
| 6:15-7:15p RecFit Boot Camp | 11:30a-12:30p SilverSneaker Cardio | 11:30a-12:30p Zumba Gold | 11:30a-12:30p SilverSneaker Cardio | | |
| | 5:30-6:30p Power Sculpt Fitness | | 5:30-6:30p Butts & Guts | | |
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Southwest Pool Schedule

Hours: M-F: 7am-1pm Sat & Sun: Closed

September 2020

| 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 | |
| | 11a-12p Deep Water Exercise | | 11a-12p Deep Water Exercise | | | |