

Aerobic Zone

Jerry Tingle Activity Center

September 2020

Sunday CLOSED	Monday 5:00a-7:00p	Tuesday 5:00a-7:00p	Wednesday 5:00a-7:00p	Thursday 5:00a-7:00p	Friday 5:00a-7:00p	Saturday 8:00a-1:00p
		1 5:00a-8:15a Aerobic ONLY <u>8:15a-9:00a Water Aerobics (12)</u> 9:00a-7:00p Aerobic/Open Swim 7:00p Pool Closes	2 5:00a-8:30a Aerobic ONLY <u>8:30a-9:30a Aqua Dance (10)</u> 9:30a-7:00p Aerobic/Open Swim 7:00p Pool Closes	3 5:00a-8:15a Aerobic ONLY <u>8:15a-9:00a Water Aerobics (12)</u> 9:00a-5:30p Aerobic/Open Swim <u>5:30p-6:30p No CLASS</u> 7:00p Pool Closes	4 5:00a-11:00a Aerobic ONLY <u>11:00a-12:00p No CLASS</u> 12:00p-7:00p Aerobic/Open Swim 7:00p Pool Closes	5 8:00a-10:00a Open Swim/Aerobic 10:00a Open Swim 1:00p Pool Closes
6	7	8	9	10	11	12
CLOSED	Closed – Labor Day	5:00a-8:15a Aerobic ONLY <u>8:15a-9:00a Water Aerobics (12)</u> 9:00a-7:00p Aerobic/Open Swim 7:00p Pool Closes	5:00a-8:30a Aerobic ONLY <u>8:30a-9:30a Aqua Dance (10)</u> 9:30a-7:00p Aerobic/Open Swim 7:00p Pool Closes	5:00a-8:15a Aerobic ONLY <u>8:15a-9:00a Water Aerobics (12)</u> 9:00a-5:30p Aerobic/Open Swim <u>5:30p-6:30p Aqua Dance (10)</u> 7:00p Pool Closes	5:00a-11:00a Aerobic ONLY <u>11:00a-12:00p Aqua Dance (10)</u> 12:00p-7:00p Aerobic/Open Swim 7:00p Pool Closes	8:00a-10:00a Open Swim/Aerobic 10:00a Open Swim 1:00p Pool Closes
13	14	15	16	17	18	19
CLOSED	5:00a-8:30a Aerobic ONLY <u>8:30a-9:30a Aqua Dance (10)</u> 9:30a-5:30p Aerobic/Open Swim <u>5:30a-6:30p Water Aerobics (12)</u> 7:00p Pool Closes	5:00a-8:15a Aerobic ONLY <u>8:15a-9:00a Water Aerobics (12)</u> 9:00a-7:00p Aerobic/Open Swim 7:00p Pool Closes	5:00a-8:30a Aerobic ONLY <u>8:30a-9:30a Aqua Dance (10)</u> 9:30a-7:00p Aerobic/Open Swim 7:00p Pool Closes	5:00a-8:15a Aerobic ONLY <u>8:15a-9:00a Water Aerobics (12)</u> 9:00a-5:30p Aerobic/Open Swim <u>5:30p-6:30p Aqua Dance (10)</u> 7:00p Pool Closes	5:00a-11:00a Aerobic ONLY <u>11:00a-12:00p Aqua Dance (10)</u> 12:00p-7:00p Aerobic/Open Swim 7:00p Pool Closes	8:00a-10:00a Open Swim/Aerobic 10:00a Open Swim 1:00p Pool Closes
20	21	22	23	24	25	26
CLOSED	5:00a-8:30a Aerobic ONLY <u>8:30a-9:30a Aqua Dance (10)</u> 9:30a-5:30p Aerobic/Open Swim <u>5:30a-6:30p Water Aerobics (12)</u> 7:00p Pool Closes	5:00a-8:15a Aerobic ONLY <u>8:15a-9:00a Water Aerobics (12)</u> 9:00a-7:00p Aerobic/Open Swim 7:00p Pool Closes	5:00a-8:30a Aerobic ONLY <u>8:30a-9:30a Aqua Dance (10)</u> 9:30a-7:00p Aerobic/Open Swim 7:00p Pool Closes	5:00a-8:15a Aerobic ONLY <u>8:15a-9:00a Water Aerobics (12)</u> 9:00a-5:30p Aerobic/Open Swim <u>5:30p-6:30p Aqua Dance (10)</u> 7:00p Pool Closes	5:00a-11:00a Aerobic ONLY <u>11:00a-12:00p Aqua Dance (10)</u> 12:00p-7:00p Aerobic/Open Swim 7:00p Pool Closes	8:00a-10:00a Open Swim/Aerobic 10:00a Open Swim 1:00p Pool Closes
27	28	29	30			
CLOSED	5:00a-8:30a Aerobic ONLY <u>8:30a-9:30a Aqua Dance (10)</u> 9:30a-5:30p Aerobic/Open Swim <u>5:30a-6:30p Water Aerobics (12)</u> 7:00p Pool Closes	5:00a-8:15a Aerobic ONLY <u>8:15a-9:00a Water Aerobics (12)</u> 9:00a-7:00p Aerobic/Open Swim 7:00p Pool Closes	5:00a-8:30a Aerobic ONLY <u>8:30a-9:30a Aqua Dance (10)</u> 9:30a-7:00p Aerobic/Open Swim 7:00p Pool Closes	*Aerobic Swim = Allows any type of Aerobic Exercise *Open Swim = Allows any type of Recreational Swimming *Open Swim May Be Closed For Pool Rentals *Pool Schedule is subject to change. *Please call before you leave 205-277-8195 *Check out our FB Page for pool closures for private rentals*		