



July Lap

High Blue Wellness Center
 Monday thru Friday
 Saturday, 9:00am-7:30pm and
 There is always at least one lap lane open for
 running in it unless otherwise

SATURDAY	SUNDAY	MONDAY	TUESDAY
<p><u>LAP POOL</u> Masters Swimming 9:00am-10:00am 3 Lanes</p> <p>Cardio Circuit 9:00-10:00am 2 Lanes</p> <p>Boot Camp 10am-11am 2 Lanes</p>	<p><u>LAP POOL</u></p>	<p><u>LAP POOL</u></p> <p>Aqua Fit 6:00-7:00pm 1 Lane</p>	<p><u>LAP POOL</u> Masters Swimming 5:30am-6:30am 2 Lanes</p> <p>Deep V 5:15-6:15am 1 Lane</p> <p>Cardio 6:15-7:15am 1 Lane</p>

17th-31st

Pool Schedule

Center's LAP POOL is open
 Monday, 5:30am-9:30pm
 and Sunday, 11:00am-6:30pm
 for lap swimmers that will have no other program
 published for special events.

MONDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>LAP POOL</u> Lap Swimming 5:30am-9:30am 2 Lanes</p> <p>Water 5:15pm-6:15pm 1 Lane</p> <p>Circuit 6:15pm-7:15pm 1 Lane</p>	<p><u>LAP POOL</u></p>	<p><u>LAP POOL</u> Masters Swimming 5:30am-6:30am 2 Lanes</p> <p>Cardio Circuit 5:15-6:15pm 2 Lanes</p> <p>Boot Camp 6:15-7:15pm 2 Lanes</p>	<p><u>LAP POOL</u></p>