



The Woodlands Foundation  
 134 Shenot Rd.  
 Wexford, PA 15090  
 724-935-5470  
 mywoodlands.org

# AQUATICS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM-9:00AM	OPEN SWIM					
9:00AM-9:30AM	OPEN SWIM	LOW IMPACT AQUA ZUMBA	OPEN SWIM	LOW IMPACT AQUA ZUMBA	OPEN SWIM	OPEN SWIM
9:30AM-10:00AM	LOW IMPACT WATER AEROBICS	AQUA TONIC	LOW IMPACT WATER AEROBICS	AQUA TONIC	LOW IMPACT WATER AEROBICS	
10:00AM-10:30AM	DEEP WATER ADULT AQUATICS		DEEP WATER ADULT AQUATICS		DEEP WATER ADULT AQUATICS	DEEP WATER ADULT AQUATICS
10:30AM-11:00AM	OPEN SWIM	WATER YOGA	OPEN SWIM	OPEN SWIM	OPEN SWIM	
11:00AM-11:30AM				WATER YOGA (ENDS AT 12:30PM)		
11:30AM-12:00PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
12:00PM-12:45PM						
1:00PM-3:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	CLOSED	
3:00PM-3:45PM		OPEN SWIM				
4:00PM-6:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	CLOSED	
6:00PM-6:45PM		AQUA STARS				

\*BSS=BRITISH SWIM SCHOOL \*\*PROGRAM SCHEDULES ARE SUBJECT TO CHANGE\* \*CLASSES MAY BE CANCELLED BASED ON ENROLLMENT\*  
 \*PRIVATE SWIM TIMES MAY BE SCHEDULED DURING OPEN SWIM\* \*PLEASE NOTE, THE POOL CLOSSES 15 MINUTES PRIOR TO THE FACILITY\*

DURING CLASSES, THERE IS OPEN SWIM AT THE INSTRUCTOR'S DISCRETION



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# LAND FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM-9:00AM	OPEN GYM	OPEN GYM	OPEN GYM		OPEN GYM	OPEN GYM
9:00AM-9:30AM						
9:30AM-10:00AM	BALANCE ESSENTIALS	OPEN GYM	BALANCE ESSENTIALS	OPEN GYM	BALANCE ESSENTIALS	
10:00AM-10:30AM		RESTORATIVE YOGA				
10:30AM-11:00AM	OPEN GYM		OPEN GYM		OPEN GYM	
11:00AM-11:30AM		LAND ZUMBA FOR SNEAKERS		LAND ZUMBA FOR SNEAKERS		
11:30AM-12:00PM						
12:00PM-12:30PM		OPEN GYM		OPEN GYM		
12:30PM-1:00PM						
1:00PM-3:00PM	CLOSED					
3:00PM-4:00PM	OPEN GYM		OPEN GYM			CLOSED
4:00PM-6:00PM		OPEN GYM		OPEN GYM	CLOSED	
6:00PM-7:00PM	FIT CLUB		FIT CLUB			

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