



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		LOW IMPACT WATER AEROBICS		LOW IMPACT WATER AEROBICS	
10:00AM-10:30AM		AQUA TONIC		AQUA TONIC		BSS
10:30AM-11:00AM	DEEP WATER ADULT AQUATICS		DEEP WATER ADULT AQUATICS		DEEP WATER ADULT AQUATICS	
11:00AM-11:30AM		WATER YOGA		OPEN SWIM		
11:30AM-12:00PM	OPEN SWIM		OPEN SWIM	WATER YOGA (ENDS AT 12:30PM)	OPEN SWIM	
12:00PM-12:45PM		OPEN SWIM				
1:00PM-3:00PM	CLOSED					
3:00PM-3:45PM		OPEN SWIM				
4:00PM-6:00PM	OPEN SWIM	OPEN SWIM BSS	OPEN SWIM BSS	OPEN SWIM	CLOSED	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 CLOSES 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	
9:00AM-9:30AM						
9:30AM-10:00AM	BALANCE ESSENTIALS	OPEN GYM	BALANCE ESSENTIALS	OPEN GYM	BALANCE ESSENTIALS	
10:00AM-10:30AM		RESTORATIVE YOGA				OPEN GYM
10:30AM-11:00AM						
11:00AM-11:30AM	OPEN GYM		OPEN GYM			
11:30AM-12:00PM		OPEN GYM		OPEN GYM		
12:00PM-12:30PM					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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