



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	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
9:00AM-9:30AM							
9:30AM-10:00AM	LOW IMPACT WATER AEROBICS	AQUA BLAST	LOW IMPACT WATER AEROBICS	AQUA BLAST	LOW IMPACT WATER AEROBICS	OPEN SWIM	
10:00AM-10:30AM		OPEN SWIM		OPEN SWIM			BSS
10:30AM-11:00AM	DEEP WATER ADULT AQUATICS	AQUA PILATES	DEEP WATER ADULT AQUATICS	AQUA PILATES	DEEP WATER ADULT AQUATICS		
11:00AM-11:30AM							
11:30AM-12:30PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	CLOSED	CLOSED	
12:30PM-1:00PM	CLOSED						
1:00PM-3:00PM	CLOSED						
3:00PM-3:45PM		OPEN SWIM			CLOSED	CLOSED	
4:00PM-6:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM			
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	OPEN GYM		
9:00AM-9:30AM					OPEN GYM			
9:30AM-10:00AM					ADAPTIVE YOGA			
10:00AM-10:30AM					OPEN GYM			
10:30AM-11:00AM					OPEN GYM			
11:00AM-11:30AM					OPEN GYM			
11:30AM-12:00PM					OPEN GYM			
12:00PM-12:30PM					OPEN GYM			
12:30PM-1:00PM					CLOSED		CLOSED	CLOSED
1:00PM-3:00PM					CLOSED		CLOSED	CLOSED
3:00PM-4:00PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	CLOSED	CLOSED		
4:00PM-6:00PM	OPEN GYM		OPEN GYM					
6:00PM-7:00PM	FIT CLUB		BARRY'S BOOTCAMP					

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