

LAP POOL – April 2018

(715) 445-2411 ext. 1504

www.iola.k12.wi.us/fit/

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CLOSED	2 LA: 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	3 LA: 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes Deep Water Aerobics: 6:30-7:15pm ONLY 3 LANES	4 LA: 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	5 LA: 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	6 LA: 5:30-10am – 6 lanes CLOSED: 10AM-3:30PM LA: 3:30-8pm – 3 lanes	7 LA: 12:30-4:30 –3 lanes
8 CLOSED	9 LA: 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	10 LA: 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes Deep Water Aerobics: 6:30-7:15pm ONLY 3 LANES	11 LA: 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	12 LA: 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	13 LA: 5:30-10am – 6 lanes CLOSED: 10AM-3:30PM LA: 3:30-8pm – 3 lanes	14 LA: 12:30-4:30 –3 lanes
15 CLOSED	16 LA: 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	17 LA: 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes Deep Water Aerobics: 6:30-7:15pm ONLY 3 LANES	18 LA: 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	19 LA: 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	20 LA: 5:30-10am – 6 lanes CLOSED: 10AM-3:30PM LA: 3:30-8pm – 3 lanes	21 LA: 12:30-4:30 –3 lanes
22 CLOSED	23 LA: 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	24 LA: 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes Deep Water Aerobics: 6:30-7:15pm ONLY 3 LANES	25 LA: 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	26 LA: 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	27 LA: 5:30-10am – 6 lanes CLOSED: 10AM-3:30PM LA: 3:30-8pm – 3 lanes	28 LA: 12:30-4:30 –3 lanes
29 CLOSED	30 LA: 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	1 LA: 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes Deep Water Aerobics: 6:30-7:15pm ONLY 3 LANES	2 LA: 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	3 LA: 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	4 LA: 5:30-10am – 6 lanes CLOSED: 10AM-3:30PM LA: 3:30-8pm – 3 lanes	5 LA: 12:30-4:30 –3 lanes

LEISURE POOL – April 2018

(715) 445-2411 ext. 1504

www.iola.k12.wi.us/fit/

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CLOSED	2 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	3 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	4 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	5 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	6 OS: 3:30-8pm	7 OS: 12:30-4:30pm
8 CLOSED	9 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	10 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	11 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	12 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	13 OS: 3:30-8pm	14 OS: 12:30-4:30pm
15 CLOSED	16 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	17 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	18 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	19 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	20 OS: 3:30-8pm	21 OS: 12:30-4:30pm
22 CLOSED	23 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	24 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	25 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	25 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	28 OS: 3:30-8pm	28 OS: 12:30-4:30pm
29 CLOSED	30 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	1 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	2 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	3 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	4 OS: 3:30-8pm	5 OS: 12:30-4:30pm
F - Fountain & S - Slide OS: Open Swim when the F&S are operating, typical times are from: M-Th 5-7:30pm Fridays: 3:30-8pm Saturdays: 12:30-4:30pm & Sundays: 1:30-4:30pm				LA: Lanes Available SL: Swim Lessons OS: Open Swim (Fountain and Slide operating) No F/S: Fountain and Slide are not operating		

GYMNASIUM – April 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monday - Thursday Adult Noon Time Basketball						
1 CLOSED	2 12-1pm Adult BB 6-8pm VB League 6-8 pm ½ Gym	3 12-1pm Adult BB 6-8pm	4 12-1pm Adult BB 6-8pm	5 12-1pm Adult BB 5:30-8pm	6 5:30-8pm	7 1:30-5pm
8 CLOSED	9 12-1pm Adult BB 6-8pm VB League 6-8 pm ½ Gym	10 12-1pm Adult BB 6-8pm	11 12-1pm Adult BB 6-8pm	12 12-1pm Adult BB 5:30-8pm	13 5:30-8pm	14 1:30-5pm
15 CLOSED	16 12-1pm Adult BB 6-8pm VB League 6-8 pm ½ Gym	17 12-1pm Adult BB 3:30-8pm	18 12-1pm Adult BB 3:30-8pm	19 12-1pm Adult BB 3:30-8pm	20 3:30-8pm	21 1:30-5pm
22 CLOSED	23 12-1pm Adult BB 6-8pm VB League 6-8 pm ½ Gym	24 12-1pm Adult BB 3:30-8pm	25 12-1pm Adult BB 3:30-8pm	26 12-1pm Adult BB 3:30-8pm	27 3:30-8pm	28 1:30-5pm
29 CLOSED	30 12-1pm Adult BB 5:30-8pm VB League 6-8 pm ½ Gym	1 12-1pm Adult BB 3:30-8pm	2 12-1pm Adult BB 3:30-8pm	3 12-1pm Adult BB 3:30-8pm	4 3:30-8pm	5 1:30-5pm

HS Softball will be using the gym for practice weather permitting.

The Fitness Center is OPEN on the following days and times:

MONDAY - FRIDAY: 5AM-9PM	SATURDAY: 8AM-5PM	SUNDAY: CLOSED
------------------------------------	-----------------------------	-----------------------

GROUP EXERCISE CLASS SCHEDULE

APRIL~ 2018

	Monday	Tuesday	Wednesday	Thursday
8:00-8:45am		Zumba Kate		ZUMBA Cheryl
9:00-10:00am	Aquatic Exercise Therapy Cheryl	Liquid Cardio Cheryl	Aquatic Exercise Therapy Kris	Liquid Cardio Kate
4:30 - 5:30pm	Zumba (5-6pm) Cheryl No Class 4/16		Boot Camp Cheryl	Youth Yoga 3:30-4:30pm Michelle
5:30-6:15pm		POUND Jayden/Cheryl/Kate	Pilates (5:45-6:30pm) Janice	POUND Jayden/Cheryl/Kate
6:30-7:15pm		Deep Water Aerobics Sue	*Youth Yoga for grades 4-6th \$40 for entire session or \$6 for Drop In. More information contact Michelle @ 715-239-5746	

- 🍷 Only the classes on this schedule are eligible for the punch card system.
- 🍷 PLEASE SIGN IN AT THE FRONT DESK EACH TIME YOU COME FOR A CLASS.
- 🍷 Member Punch Cards cost \$20.00 for 10 classes. Individual classes will cost \$2.50
- 🍷 Non-Members must pay \$5.00 a class or purchase a Punch Card @ \$35.00 for 10 classes.
- 🍷 We need a minimum of 3 people in each class.
- 🍷 Land exercise classes will be held in the gym, Fraley or Mishler rooms.
Check with the front desk for class location
- 🍷 Classes may be held outside depending on the instructor and the weather.
- 🍷 Schedules will rotate every month. Classes will be added or changed due to requests (if possible) and/or more instructors are hired.
- 🍷 If you would like to teach a class, either fill out an application or talk to the Facility Director.

