

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Phy. Ed class in the pool February 1st-9th 10:15-10:30am & February 12th-16th 9:50-10:30am			LA: Lanes Available SL: Swim Lessons	1 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am Phy. Ed: 10:15-10:45am LA: 10:30-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-6:30pm - 3 lanes *LA: 6:30-8pm – 6 lanes	2 LA: 5:30-10am – 6 lanes CLOSED: 10AM-3:30PM LA: 3:30-8pm – 3 lanes	3 LA: 12:30-4:30 –3 lanes
4 LA: 1:30-4:30pm –3 lanes	5 LA: 5:30-8:45am – 6 lanes Water Therapy: 9-10am Phy. Ed: 10:15-10:45am LA: 10:30-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes	6 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am Phy. Ed: 10:15-10:45am LA: 10:30-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes Deep Water Aerobics: 6:30-7:15pm ONLY 3 LANES	7 LA: 5:30-8:45am – 6 lanes Water Therapy: 9-10am Phy. Ed: 10:15-10:45am LA: 10:30-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes	8 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am Phy. Ed: 10:15-10:45am LA: 10:30-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes	9 LA: 5:30-10am – 6 lanes CLOSED: 10AM-3:30PM LA: 3:30-8pm – 3 lanes	10 LA: 12:30-4:30 –3 lanes
11 LA: 1:30-4:30pm –3 lanes	12 LA: 5:30-8:45am – 6 lanes Water Therapy: 9-10am Phy. Ed: 9:50-10:30am LA: 10:30-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes	13 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am Phy. Ed: 9:50-10:30am LA: 10:30-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes Deep Water Aerobics: 6:30-7:15pm ONLY 3 LANES	14 LA: 5:30-8:45am – 6 lanes Water Therapy: 9-10am Phy. Ed: 9:50-10:30am LA: 10:30-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes	15 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am Phy. Ed: 9:50-10:30am LA: 10:30-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes	16 LA: 5:30-10am – 6 lanes CLOSED: 10AM-3:30PM LA: 3:30-8pm – 3 lanes	17 LA: 12:30-4:30 –3 lanes
18 LA: 1:30-4:30pm –3 lanes	19 LA: 5:30-8:45am – 6 lanes Water Therapy: 9-10am LA: 10-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes	20 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am LA: 10-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes Deep Water Aerobics: 6:30-7:15pm ONLY 3 LANES	LA: 5:30-8:45am – 6 lanes Water Therapy: 9-10am LA: 10-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes	22 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am LA: 10-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes	23 LA: 5:30-10am – 6 lanes CLOSED: 10AM-3:30PM LA: 3:30-8pm – 3 lanes	24 LA: 12:30-4:30 –3 lanes
25 LA: 1:30-4:30pm –3 lanes	26 LA: 5:30-8:45am – 6 lanes Water Therapy: 9-10am LA: 10-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes	27 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am LA: 10-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes Deep Water Aerobics: 6:30-7:15pm ONLY 3 LANES	28 LA: 5:30-8:45am – 6 lanes Water Therapy: 9-10am LA: 10-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes	1 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am LA: 10-1:15pm – 3 lanes CLOSED: 1:15-3:30pm SL: 3:45-6:35pm - 2 lanes *LA: 6:35-8pm – 6 lanes	2 LA: 5:30-10am – 6 lanes CLOSED: 10AM-3:30PM LA: 3:30-8pm – 3 lanes	3 LA: 12:30-4:30 –3 lanes

LEISURE POOL – February 2018

(715) 445-2411 ext. 1504

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Our Leisure Pool will be closed 1-6:40pm for Swimming Lessons during the month of February, M-Th.			1 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	2 OS: 3:30-8pm	3 OS: 12:30-4:30pm
4 OS: 1:30-4:30pm	5 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	6 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	7 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	8 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	9 OS: 3:30-8pm	10 OS: 12:30-4:30pm
11 OS: 1:30-4:30pm	12 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	13 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	14 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	15 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	16 OS: 3:30-8pm	17 OS: 12:30-4:30pm
18 OS: 1:30-4:30pm	19 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	20 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	21 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	22 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	23 OS: 3:30-8pm	24 OS: 12:30-4:30pm
25 OS: 1:30-4:30pm	26 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	27 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	28 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	1 No F/S: 8:30am-1pm * <i>Closed 1-6:40pm</i> OS: 6:40-7:30pm	2 OS: 3:30-8pm	3 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

IF SCHOOL IS CANCELED THE ISCFAC WILL BE CLOSED.
Please check our Facebook page along with WDUX for any cancellations.

GYMNASIUM – February 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CW: Climbing Wall on Sundays Monday - Thursday Adult Noon Time Basketball				1 12-1pm Adult BB 5:30-8pm 5:45-7pm ½ Gym	2 5-8pm	3 10am-5pm
4 1-5pm 1-2:30 CW	5 12-1pm Adult BB 5:30-8pm VB League: 6-8pm ½ Gym	6 12-1pm Adult BB 3:30-8pm	7 12-1pm Adult BB 5:30-8pm	8 12-1pm Adult BB 5:30-8pm 5:45-7pm ½ Gym	9 3:30-8pm	10 3-5pm
11 1-5pm 1-2:30 CW	12 12-1pm Adult BB 5:30-8pm VB League: 6-8pm ½ Gym	13 12-1pm Adult BB 3:30-8pm	14 12-1pm Adult BB 5:30-8pm	15 12-1pm Adult BB 5:30-8pm 5:45-7pm ½ Gym	16 3:30-8pm	17 CLOSED Basketball Tournament
18 1-5pm 1-2:30 CW	19 12-1pm Adult BB 3:30-6pm 5:45-7pm ½ Gym VB League: 6-8pm ½ Gym	20 12-1pm Adult BB 3:30-8pm	21 12-1pm Adult BB 5:30-8pm	22 12-1pm Adult BB Open after C-Team Basketball Game	23 3:30-8pm	24 1:30-5pm
25 1-5pm 1-2:30 CW	26 12-1pm Adult BB 3:30-8pm VB League: 6-8pm ½ Gym	27 12-1pm Adult BB 3:30-8pm	28 12-1pm Adult BB 3:30-8pm	1 12-1pm Adult BB 3:30-8pm 5:45-7pm ½ Gym	2 3:30-8pm	3 CLOSED Basketball Tournament

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

MONDAY - FRIDAY: 5AM-9PM	SATURDAY: 8AM-5PM	SUNDAY: 1-5PM
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GROUP EXERCISE CLASS SCHEDULE

FEBRUARY ~ 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/Kate		Boot Camp Cheryl	
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		

- 🍌 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.

ANNOUNCEMENTS:

