

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>  <b>CLOSED</b>	<b>2</b> LA: 5:30-8:45am – 6 lanes <b>Water Aerobics: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes Deep Water Aerobics: <b>6:30-7:15pm ONLY 3 LANES</b>	<b>3</b> LA: 5:30-8:45am – 6 lanes <b>Water Therapy: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes	<b>4</b> LA: 5:30-8:45am – 6 lanes <b>Water Aerobics: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes	<b>5</b> LA: 5:30-8am – 6 lanes <b>CLOSED:</b> <b>10AM-3:30PM</b> LA: 3:30-8pm – 3 lanes	<b>6</b> LA: 12:30-4:30 –3 lanes
<b>7</b> LA: 1:30-4:30pm –3 lanes	<b>8</b> LA: 5:30-8:45am – 6 lanes <b>Water Therapy: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes	<b>9</b> LA: 5:30-8:45am – 6 lanes <b>Water Aerobics: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes Deep Water Aerobics: <b>6:30-7:15pm ONLY 3 LANES</b>	<b>10</b> LA: 5:30-8:45am – 6 lanes <b>Water Therapy: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes	<b>11</b> LA: 5:30-8:45am – 6 lanes <b>Water Aerobics: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes	<b>12</b> LA: 5:30-8am – 6 lanes <b>CLOSED:</b> <b>10AM-3:30PM</b> LA: 3:30-8pm – 3 lanes	<b>13</b> LA: 12:30-4:30 –3 lanes
<b>14</b> LA: 1:30-4:30pm –3 lanes	<b>15</b> LA: 5:30-8:45am – 6 lanes <b>Water Therapy: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes	<b>16</b> LA: 5:30-8:45am – 6 lanes <b>Water Aerobics: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes Deep Water Aerobics: <b>6:30-7:15pm ONLY 3 LANES</b>	<b>17</b> LA: 5:30-8:45am – 6 lanes <b>Water Therapy: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes	<b>18</b> LA: 5:30-8:45am – 6 lanes <b>Water Aerobics: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes	<b>19</b> LA: 5:30-10am – 6 lanes <b>CLOSED:</b> <b>10AM-3:30PM</b> LA: 3:30-8pm – 3 lanes	<b>20</b> LA: 12:30-4:30 –3 lanes
<b>21</b> LA: 1:30-4:30pm –3 lanes	<b>22</b> LA: 5:30-8:45am – 6 lanes <b>Water Therapy: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes	<b>23</b> LA: 5:30-8:45am – 6 lanes <b>Water Aerobics: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes Deep Water Aerobics: <b>6:30-7:15pm ONLY 3 LANES</b>	<b>24</b> LA: 5:30-8:45am – 6 lanes <b>Water Therapy: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes	<b>25</b> LA: 5:30-8:45am – 6 lanes <b>Water Aerobics: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes	<b>26</b> LA: 5:30-10am – 6 lanes <b>CLOSED:</b> <b>10AM-3:30PM</b> LA: 3:30-8pm – 3 lanes	<b>27</b> LA: 12:30-4:30 –3 lanes
<b>28</b> LA: 1:30-4:30pm –3 lanes	<b>29</b> LA: 5:30-8:45am – 6 lanes <b>Water Therapy: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes	<b>30</b> LA: 5:30-8:45am – 6 lanes <b>Water Aerobics: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes Deep Water Aerobics: <b>6:30-7:15pm ONLY 3 LANES</b>	<b>31</b> LA: 5:30-8:45am – 6 lanes <b>Water Therapy: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes	<b>1</b> LA: 5:30-8:45am – 6 lanes <b>Water Aerobics: 9-10am</b> LA: 10-1:15pm – 3 lanes <b>CLOSED: 1:15-5pm</b> Swim Team: 3:30-5pm *LA: 5-8pm – 6 lanes	<b>2</b> LA: 5:30-10am – 6 lanes <b>CLOSED:</b> <b>10AM-3:30PM</b> LA: 3:30-8pm – 3 lanes	<b>3</b> LA: 12:30-4:30 –3 lanes

## LEISURE POOL – January 2018

(715) 445-2411 ext. 317

[www.iola.k12.wi.us/fit/](http://www.iola.k12.wi.us/fit/)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>CLOSED</b>	<b>2</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>3</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>4</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>5</b> OS: 3:30-8pm	<b>6</b> OS: 12:30-4:30pm
<b>7</b> OS: 1:30-4:30pm	<b>8</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>9</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>10</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>11</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>12</b> OS: 3:30-8pm	<b>13</b> OS: 12:30-4:30pm
<b>14</b> OS: 1:30-4:30pm	<b>15</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>16</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>17</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>18</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>19</b> OS: 3:30-8pm	<b>20</b> OS: 12:30-4:30pm
<b>21</b> OS: 1:30-4:30pm	<b>22</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>23</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>24</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>25</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>26</b> OS: 3:30-8pm	<b>27</b> OS: 12:30-4:30pm
<b>28</b> OS: 1:30-4:30pm	<b>29</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>30</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>31</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>1</b> No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm	<b>2</b> OS: 3:30-8pm	<b>3</b> 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**

## GYMNASIUM – January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CW: Climbing Wall on Sundays</b>						
<b>Monday - Thursday Adult Noon Time Basketball</b>						
	<b>1</b> <b>CLOSED</b>	<b>2</b> 12-1pm Adult BB 5:30-8pm	<b>3</b> 12-1pm Adult BB 5:30-8pm	<b>4</b> 12-1pm Adult BB 5:30-8pm 5:45-7pm ½ Gym	<b>5</b> <b>Open after C-Team Basketball Game</b>	<b>6</b> 10am-5pm
<b>7</b> 1-5pm 1-2:30 CW	<b>8</b> 12-1pm Adult BB 5-8pm	<b>9</b> 12-1pm Adult BB <b>Open after C-Team Basketball Game</b>	<b>10</b> 12-1pm Adult BB 5-8pm	<b>11</b> 12-1pm Adult BB 5:30-8pm 5:45-7pm ½ Gym	<b>12</b> <b>Open after C-Team Basketball Game</b>	<b>13</b> 12-5pm
<b>14</b> 1-5pm 1-2:30 CW	<b>15</b> 12-1pm Adult BB 5:30-8pm	<b>16</b> 12-1pm Adult BB <b>Open after C-Team Basketball Game</b>	<b>17</b> 12-1pm Adult BB 5:30-8pm	<b>18</b> 12-1pm Adult BB 5-8pm 5:45-7pm ½ Gym	<b>19</b> 5-8pm	<b>20</b> <b>CLOSED</b> Basketball Tournament
<b>21</b> 1-5pm 1-2:30 CW	<b>22</b> 12-1pm Adult BB 5:30-8pm	<b>23</b> 12-1pm Adult BB 3:30-8pm 5:45-7pm ½ Gym	<b>24</b> 12-1pm Adult BB 5:30-8pm	<b>25</b> 12-1pm Adult BB <b>Open after C-Team Basketball Game</b>	<b>26</b> 5-8pm	<b>27</b> <b>CLOSED</b> Basketball Tournament
<b>28</b> 1-5pm 1-2:30 CW	<b>29</b> 12-1pm Adult BB 5:30-8pm	<b>30</b> 12-1pm Adult BB 3:30-8pm	<b>31</b> 12-1pm Adult BB 5:30-8pm	<b>1</b> 12-1pm Adult BB 5:30-8pm 5:45-7pm ½ Gym	<b>2</b> 5-8pm	

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

<b>MONDAY - FRIDAY: 5AM-9PM</b>	<b>SATURDAY: 8AM-5PM</b>	<b>SUNDAY: 1-5PM</b>
---------------------------------	--------------------------	----------------------

# GROUP EXERCISE CLASS SCHEDULE

## JANUARY ~ 2018

	Monday	Tuesday	Wednesday	Thursday
8:00-8:45am		<b>Zumba</b> Kate		<b>ZUMBA</b> Cheryl
9:00-10:00am	<b>Aquatic Exercise Therapy</b> Cheryl	<b>Liquid Cardio</b> Cheryl	<b>Aquatic Exercise Therapy</b> Kris	<b>Liquid Cardio</b> Kate
4:30 - 5:30pm	<b>Zumba (5-6pm)</b> Cheryl/Kate		<b>Boot Camp</b> Cheryl	
5:30-6:15pm		<b>POUND</b> Jayden/Cheryl/Kate	<b>Pilates (5:45-6:15pm)</b> Janice	<b>POUND</b> Jayden/Cheryl/Kate
6:30-7:15pm		<b>Deep Water Aerobics</b> 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 punchcard @ \$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:**  
**No Classes on 01/01**