

LAP POOL – March 2018

(715) 445-2411 ext. 1504

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
We will be CLOSED on Sundays in April.			LA: Lanes Available SL: Swim Lessons	1 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 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 LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	6 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am 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	7 LA: 5:30-8:45am – 6 lanes Water Therapy: 9-10am LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	8 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 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 LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	13 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am 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	14 LA: 5:30-8:45am – 6 lanes Water Therapy: 9-10am LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	15 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 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: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	20 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am 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	21 LA: 5:30-8:45am – 6 lanes Water Therapy: 9-10am LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	22 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 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: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	27 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am 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	28 LA: 5:30-8:45am – 6 lanes Water Therapy: 9-10am LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	29 LA: 5:30-8:45am – 6 lanes Water Aerobics: 9-10am LA: 10:15-1:15pm – 3 lanes CLOSED: 1:15-3:30pm LA: 3:30-8pm - 3 lanes	30 LA: 5:30-10am – 6 lanes CLOSED: 10AM-3:30PM LA: 3:30-8pm – 3 lanes	31 LA: 12:30-4:30 –3 lanes

WDUX Remote - Customer Appreciation Breakfast, Tuesday, March 20th ~ 8-11am
at the ISCFAC - Mishler Room

LEISURE POOL – March 2018

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>We will be CLOSED on Sundays in April.</p>	<p>LA: Lanes Available SL: Swim Lessons OS: Open Swim (Fountain and Slide operating) No F/S: Fountain and Slide are not operating</p>			<p>1 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>2 OS: 3:30-8pm</p>	<p>3 OS: 12:30-4:30pm</p>
<p>4 OS: 1:30-4:30pm</p>	<p>5 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>6 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>7 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>8 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>9 OS: 3:30-8pm</p>	<p>10 OS: 12:30-4:30pm</p>
<p>11 OS: 1:30-4:30pm</p>	<p>12 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>13 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>14 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>15 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>16 OS: 3:30-8pm</p>	<p>17 OS: 12:30-4:30pm</p>
<p>18 OS: 1:30-4:30pm</p>	<p>19 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>20 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>21 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>22 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>23 OS: 3:30-8pm</p>	<p>24 OS: 12:30-4:30pm</p>
<p>25 OS: 1:30-4:30pm</p>	<p>26 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>27 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>28 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>29 No F/S: 8:30am-1pm <i>Closed 1-3:30pm</i> No F/S: 3:30-5pm OS: 5-7:30pm</p>	<p>30 OS: 3:30-8pm</p>	<p>31 OS: 12:30-4:30pm</p>

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 – March 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CW: Climbing Wall on Sundays Monday - Thursday Adult Noon Time Basketball We will be CLOSED on Sundays in April.				1 12-1pm Adult BB 5:30-8pm 5:45-7pm ½ Gym	2 3:30-8pm	3 CLOSED Basketball Tournament
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	9 3:30-8pm	10 1:30-5pm
11 1-5pm 1-2:30 CW	12 12-1pm Adult BB 6-8pm VB League: 6-8pm ½ Gym	13 12-1pm Adult BB 6-8pm	14 12-1pm Adult BB 6-8pm	15 12-1pm Adult BB 6-8pm	16 6-8pm	17 1:30-5pm
18 1-5pm 1-2:30 CW	19 12-1pm Adult BB 6-8pm VB League: 6-8pm ½ Gym	20 12-1pm Adult BB 6-8pm	21 12-1pm Adult BB 6-8pm	22 12-1pm Adult BB 6-8pm	23 6-8pm	24 1:30-5pm
25 1-5pm 1-2:30 CW	26 12-1pm Adult BB 6-8pm VB League: 6-8pm ½ Gym	27 12-1pm Adult BB 6-8pm	28 12-1pm Adult BB 6-8pm	29 12-1pm Adult BB 6-8pm	30 3:30-8pm	31 1:30-5pm

Baseball & Softball Clinic open to 3rd-6th grade Boys and Girls. Sign your child up, ONLY \$15 will meet on Saturday Mornings 3/17, 3/24 & 3/31 Girls meet from 9-10:30am and Boys meet from 10:45am-12:15pm

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

MARCH~ 2018

	Monday	Tuesday	Wednesday	Thursday
8:00-8:45am		Zumba Kate <i>No Class 3/20</i>		ZUMBA Cheryl <i>No Class 3/15</i>
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 <i>No Class 3/28</i>	
5:30-6:15pm		POUND Jayden/Cheryl/Kate	Pilates (5:45-6:30pm) Janice <i>No Class 3/21</i>	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.

