

# LAP POOL – October 2017

(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> 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	<b>3</b> 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	<b>4</b> 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	<b>5</b> 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	<b>6</b> 5:30-10am – 6 lanes <b>CLOSED</b> <b>10am-3:30pm</b> 3:30-8pm - 3 lanes	<b>7</b> 12:30-4:30pm - 3 lanes
<b>8</b> <b>CLOSED</b>	<b>9</b> 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	<b>10</b> 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	<b>11</b> 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	<b>12</b> 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	<b>13</b> 5:30-10am – 6 lanes <b>CLOSED</b> <b>10am-3:30pm</b> 3:30-8pm - 3 lanes	<b>14</b> 12:30-4:30pm - 3 lanes
<b>15</b> <b>CLOSED</b>	<b>16</b> 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	<b>17</b> 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	<b>18</b> 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> 10:15am-1pm - 2 lanes 3:30-8pm - 3 lanes	<b>19</b> 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> 10:15-1pm - 2 lanes 3:30-8pm - 3 lanes	<b>20</b> 5:30-10am – 6 lanes <b>CLOSED</b> <b>10am-3:30pm</b> 3:30-8pm - 3 lanes	<b>21</b> 12:30-4:30pm - 3 lanes
<b>22</b> <b>CLOSED</b>	<b>23</b> 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> 10:15am-1pm - 2 lanes 3:30-7pm - 2 lanes 7-8pm - 6 lanes	<b>24</b> 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> 10:15-1pm - 2 lanes 3:30-7pm - 2 lanes 7-8pm - 6 lanes	<b>25</b> 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> 10:15am-1pm - 2 lanes 3:30-7pm - 2 lanes 7-8pm - 6 lanes	<b>26</b> 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> 10:15-1pm - 2 lanes 3:30-7pm - 2 lane 7-8pm - 6 lanes	<b>27</b> 5:30-10am – 6 lanes <b>CLOSED</b> <b>10am-3:30pm</b> 3:30-8pm - 3 lanes	<b>28</b> 12:30-4:30pm - 3 lanes
<b>29</b> <b>CLOSED</b>	<b>30</b> 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> 10:15am-1pm - 2 lanes 3:30-7pm - 2 lanes 7-8pm - 6 lanes	<b>31</b> 5:30-8:45am – 6 lanes <i>Water Aerobics: 9-10am</i> 10:15-1pm - 2 lanes 3:30-7pm - 2 lanes 7-8pm - 6 lanes	<b>1</b> 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> 10:15am-1pm - 2 lanes 3:30-7pm - 2 lanes 7-8pm - 6 lanes	<b>2</b> 5:30-8:45am – 6 lanes <i>Water Therapy: 9-10am</i> 10:15am-1pm - 2 lanes 3:30-7pm - 2 lanes 7-8pm - 6 lanes	<b>3</b> 5:30-10am – 6 lanes <b>CLOSED</b> <b>10am-3:30pm</b> 3:30-8pm - 3 lanes	<b>4</b> 12:30-4:30pm - 3 lanes
<p><b>The POOLS are CLOSED from 1pm-3:30pm Monday-Thursday AND 10am-3:30pm on Fridays.</b></p> <p><b>**Fall 2017 Swim Lessons Monday, October 23rd - Thursday, November 2nd</b></p>						

# LEISURE POOL – October 2017

(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
1 Closed	2 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	3 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	4 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	5 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	6 3:30-5pm No F/S 5-8 pm F/S	7 12:30-4:30pm -3 lanes
8 Closed	9 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	10 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	11 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	12 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	13 3:30-5pm No F/S 5-8 pm F/S	14 12:30-4:30pm -3 lanes
15 Closed	16 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	17 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	18 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	19 9-1pm No F/S 3:30-5pm No F/S 5-8 pm F/S	20 3:30-5pm No F/S 5-8 pm F/S	21 12:30-4:30pm -3 lanes
22 Closed	23 9-1pm No F/S <b>CLOSED FOR LESSONS</b>	24 9-1pm No F/S <b>CLOSED FOR LESSONS</b>	25 9-1pm No F/S <b>CLOSED FOR LESSONS</b>	26 9-1pm No F/S <b>CLOSED FOR LESSONS</b>	27 3:30-5pm No F/S 5-8 pm F/S	28 12:30-4:30pm -3 lanes
29 Closed	30 9-1pm No F/S <b>CLOSED FOR LESSONS</b>	31 9-1pm No F/S <b>CLOSED FOR LESSONS</b>	1 9-1pm No F/S <b>CLOSED FOR LESSONS</b>	2 9-1pm No F/S <b>CLOSED FOR LESSONS</b>	3 3:30-5pm No F/S 5-8 pm F/S	4 12:30-4:30pm -3 lanes
<b>Lesson will be from October 23-November 2nd 3:30-7pm</b>			<b>F/S: Fountain and Slide The POOLS are CLOSED from 1pm-3:30pm Monday-Thursday AND 10am-3:30pm on Fridays.</b>			

# GYM – October 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> CLOSED	<b>2</b> 3:30-8:30pm	<b>3</b> 5:30-8:30pm	<b>4</b> 3:30-8:30pm	<b>5</b> 3:30-8:30pm	<b>6</b> 3:30-8:30pm	<b>7</b> 8am-5pm
<b>8</b> CLOSED	<b>9</b> 5:30-8:30	<b>10</b> Open after VB game	<b>11</b> 3:30-8:30pm	<b>12</b> 3:30-8:30pm	<b>13</b> 3:30-8:30pm	<b>14</b> 8am-5pm
<b>15</b> CLOSED	<b>16</b> 3:30-8:30pm	<b>17</b> 3:30-8:30pm	<b>18</b> 3:30-8:30pm	<b>19</b> 3:30-8:30pm	<b>20</b> 3:30-8:30pm	<b>21</b> 8am-5pm
<b>22</b> CLOSED	<b>23</b> 5:15-8:30pm	<b>24</b> 5:15-8:30pm	<b>25</b> 3:30-8:30pm	<b>26</b> 5:15-8:30pm	<b>27</b> 5:15-8:30pm	<b>28</b> 8am-5pm
<b>29</b> CLOSED	<b>30</b> 3:30-8:30pm	<b>31</b> 5:15-8:30pm				

The Fitness Center is **OPEN:**

**Monday: 5AM-9PM**

**Tuesday: 5AM-9PM**

**Wednesday: 5AM-9PM**

**Thursday: 5AM-9PM**

**Friday: 5AM-9PM**

**Saturday: 8AM-5PM**

**Sunday: CLOSED (Open in December)**

Like and Share our Facebook page: Iola Scandinavia Community Fitness & Aquatic Center

# GROUP EXERCISE CLASS SCHEDULE

## OCTOBER ~ 2017

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
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	
5:30-6:30pm		<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.
- ❖ PLEASE SIGN IN AT THE FRONT DESK EACH TIME YOU COME FOR A CLASS.
- ❖ 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.
- ❖ Punch card patrons may come to an unlimited amount of classes a week. Once all your punches are used, you may buy more punches.
- ❖ Patrons may check in for a class no sooner than a half hour before it begins.
- ❖ Minimum number of 3 people in each class to have the class.
- ❖ Land exercise classes will be held either in the Fraley or Mishler rooms. Check with the front desk for class location.
- ❖ Classes may be held outside depending on the instructor/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 with the facility director.

**ANNOUNCEMENTS:**