

LAP POOL – May 2019

(715) 445-2411 ext. 1504

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Last month for Adult Lap Swim on Saturday Mornings.		1 5:30-8:45AM - 6 LA Water Therapy: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA 6:30-8PM - 3 LA	2 5:30-8:45AM - 6 LA Water Aerobics: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-6:30PM 3:30-6:30PM - 2 LA 6:30-8PM - 3 LA	3 5:30-10AM - 6 LA CLOSED 10AM-3:30PM 3:30-8PM - 3 LA	4 11:30am-12:30pm ~6 LA Adults ONLY 12:30-4:30m ~ 3 LA
5 CLOSED	6 5:30-8:45AM - 6 LA Water Therapy: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA 6:30-8PM - 3 LA	7 5:30-8:45AM - 6 LA Water Aerobics: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA <u>DWA: 6:30-7:15pm</u> 6:30-8PM - 3 LA	8 5:30-8:45AM - 6 LA Water Therapy: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA 6:30-8PM - 3 LA	9 5:30-8:45AM - 6 LA Water Aerobics: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA 6:30-8PM - 3 LA	10 5:30-10AM - 6 LA CLOSED 10AM-3:30PM 3:30-8PM - 3 LA	11 11:30am-12:30pm ~6 LA Adults ONLY 12:30-4:30m ~ 3 LA
12 CLOSED	13 5:30-8:45AM - 6 LA Water Therapy: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA 6:30-8PM - 3 LA	14 5:30-8:45AM - 6 LA Water Aerobics: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA <u>DWA: 6:30-7:15pm</u> 6:30-8PM - 3 LA	15 5:30-8:45AM - 6 LA Water Therapy: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA 6:30-8PM - 3 LA	16 5:30-8:45AM - 6 LA Water Aerobics: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA 6:30-8PM - 3 LA	17 5:30-10am - 6 LA CLOSED 10AM-3:30PM 3:30-8PM - 3 LA	18 11:30am-12:30pm ~6 LA Adults ONLY 12:30-4:30m ~ 3 LA
19 CLOSED	20 5:30-8:45AM - 6 LA Water Therapy: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA 6:30-8PM - 3 LA	21 5:30-8:45AM - 6 LA Water Aerobics: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA <u>DWA: 6:30-7:15pm</u> 6:30-8PM - 3 LA	22 5:30-8:45AM - 6 LA Water Therapy: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA 6:30-8PM - 3 LA	23 5:30-8:45AM - 6 LA Water Aerobics: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA 6:30-8PM - 3 LA	24 5:30-10am - 6 LA CLOSED 10AM-3:30PM 3:30-8PM - 3 LA	25 11:30am-12:30pm ~6 LA Adults ONLY 12:30-4:30m ~ 3 LA
26 CLOSED	27 CLOSED <i>Memorial Day</i>	28 5:30-8:45AM - 6 LA Water Aerobics: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA <u>DWA: 6:30-7:15pm</u> 6:30-8PM - 3 LA	29 5:30-8:45AM - 6 LA Water Therapy: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2 LA 6:30-8PM - 3 LA	30 5:30-8:45AM - 6 LA Water Aerobics: 9-10AM 10:15AM-1:15PM - 3 LA CLOSED: 1:15-3:30PM 3:30-6:30PM - 2LA 6:30-8PM - 3 LA	31 5:30-10am - 6 LA CLOSED 10AM-3:30PM 3:30-8PM - 3 LA	Last month for Adult Lap Swim on Saturday Mornings.

LEISURE POOL ~ May 2019

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	No F/S: Means the Fountain and Slide are not on F/S: Means during this time the Fountain and Slide will be on, depending on if we have enough lifeguards on duty.		1 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	2 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	3 8-10AM - No F/S CLOSED 10AM-3:30pm 3:30-5PM-No F/S 5-8PM - F/S	4 12:30-4:30pm (F/S on)
5 CLOSED	6 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	7 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	8 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	9 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	10 8-10AM - No F/S CLOSED 10AM-3:30pm 3:30-5PM-No F/S 5-8PM - F/S	11 12:30-4:30pm (F/S on)
12 CLOSED	13 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	14 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	15 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	16 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	17 8-10AM - No F/S CLOSED 10AM-3:30pm 3:30-5PM-No F/S 5-8PM - F/S	18 12:30-4:30pm (F/S on)
19 CLOSED	20 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	21 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	22 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	23 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	24 8-10AM - No F/S CLOSED 10AM-3:30pm 3:30-5PM-No F/S 5-8PM - F/S	25 12:30-4:30pm (F/S on)
26 CLOSED	27 CLOSED <i>Memorial Day</i>	28 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	29 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	30 9-1PM - No F/S CLOSED 1-3:30PM 3:30-6:30 - No F/S 6:30-8PM - F/S	31 8-10AM - No F/S CLOSED 10AM-3:30pm 3:30-5PM-No F/S 5-8PM - F/S	

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Send your email address to Tim welcht@iola.k12.wi.us

GYMNASIUM ~ May 2019

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monday - Thursday Adult Noon Time Basketball						
	Fridays @ Noon - Pickleball					
			1 12-1pm Adult BB 6-8pm	2 12-1pm Adult BB 6-8pm	3 12-1pm Pickleball 6-8pm	4 8am-5pm
5 CLOSED	6 12-1pm Adult BB 6-8pm	7 12-1pm Adult BB 6-8pm	8 12-1pm Adult BB 6-8pm	9 12-1pm Adult BB 6-8pm	10 12-1pm Pickleball 6-8pm	11 8am-5pm
12 CLOSED	13 12-1pm Adult BB 6-8pm	14 12-1pm Adult BB 6-8pm	15 12-1pm Adult BB 6-8pm	16 12-1pm Adult BB 6-8pm	17 12-1pm Pickleball 6-8pm	18 8am-5pm
19 CLOSED	20 12-1pm Adult BB 6-8pm	21 12-1pm Adult BB 6-8pm	22 12-1pm Adult BB 6-8pm	23 12-1pm Adult BB 6-8pm	24 12-1pm Pickleball 6-8pm	25 8am-5pm
26 CLOSED	27 CLOSED <i>Memorial Day</i>	28 12-1pm Adult BB 6-8pm	29 12-1pm Adult BB 6-8pm	30 12-1pm Adult BB 6-8pm	31 12-1pm Pickleball 6-8pm	

Please note the Gym times may vary due to the weather and the school district sports schedules.

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

Physical Education classes use the Fitness Center Monday-Friday, patrons are still welcomed to use the facility at the same time.

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

MAY ~ 2019

	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 Associates	Liquid Cardio Kate
4:30 - 5:30pm	Zumba (5-6pm) Cheryl		boot camp Cheryl	
5:30-6:15pm		POUND Jayden/Cheryl/Kate		PiYo Cheryl/Kate
6:30-7:15pm		Deep Water Aerobics Sue		

NO CLASS: Monday, May 27, 2019

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 would like 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.

