

## Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Adult Fitness Swim</b> 6:05am-7:00am		<b>Adult Fitness Swim</b> 6:05am-7:00am		<b>Adult Fitness Swim</b> 6:05am-7:00am	
	<b>Yoga</b> 9:00am-10:00am Dry Classroom Debi				
<b>Aquafit</b> 9:30am-10:30am Lap Pool		<b>Aquafit</b> 9:30am-10:30am Lap Pool		<b>Aquafit</b> 9:30am-10:30am Lap Pool	
<b>Cardio Conditioning</b> 11:00am-12:00pm Lap Pool Sarah		<b>Cardio Conditioning</b> 11:00am-12:00pm Lap Pool Sarah			
<b>Water Walking</b> 12:00pm-1:00pm Leisure Pool Sarah		<b>Water Walking</b> 12:00pm-1:00pm Lap Pool Sarah		<b>Water Walking</b> 12:00pm-1:00pm Lap Pool Sarah	

## NOW HIRING

We are currently hiring for an adult swim coach and water aerobics instructor. If interested, please contact Timmian for more details.

For more information Call or Email Timmian at 385-468-1544 [TJeffress@saltlakecounty.gov](mailto:TJeffress@saltlakecounty.gov)

**Adult Master  
Swim Team**  
M, W, F  
(No Coach)

Adult Masters Swim is a non-competitive class for beginners to experienced swimmers. All levels are welcome to join and learn to be a faster, stronger and more satisfied swimmer. Instructors will emphasize stroke and skill development throughout each workout.

**Water  
Walking Class**  
M, W, F  
w/Sara

Water walking class utilizes our current channel in the leisure pool as resistance to help improve strength, balance, coordination and posture in a low impact social environment.

**Aqua Fit**  
M, W, F  
(No Instructor)

Shallow and deep-water exercises for all abilities! Work at your own pace but get ready to break a sweat

**Cardio  
Conditioning**  
M & W  
w/Sarah

Cardio Conditioning is a low impact cardiovascular water class that uses various formats. This class will help with muscle strength, endurance and flexibility through a body-friendly, shallow water workout.

**Yoga**  
Tues  
w/Debi

Restore your flexibility & strength in our yoga class. All ages & abilities are welcome.