



Aquatics Studio

	MON				TUES				WED				THURS				FRI				SAT				SUN			
	LANES				LANES				LANES				LANES				LANES				LANES							
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
9:00AM																												
10:00AM					10:00-11:00am JahnAnn				10:00-11:00am Suzanne				10:00-11:00am Shelli				10:00-11:00am JahnAnn				9:30-10:30am Erika							
11:00AM																												
12:00PM																												
1:00PM													1:00-3:00pm Hot Tub Closed for Maintenance															
2:00PM					2:00-4:00pm Pool Closed for Maintenance												2:00-4:00pm Pool Closed for Maintenance								2-6pm Family Swim Reservations Required			
3:00PM																												
4:00PM																												
5:00PM																												
6:00PM					5:30-6:30pm Sara												5:30-6:30pm Sara											
7:00PM																												
8:30PM																												

11.1.21

Reservations are required for lap swimming & family swim. Call the front desk at 775.348.6666 to reserve your lane.

- Closed for Cleaning
- Hydro-HIIT
- Hydro-Fit
- Family Swim Time
By reservation only
- Private Lessons
- Kids Swim Lessons
- Lap Swimming Available
By reservation only

Hydro-FIT
For all levels of fitness. A great class for toning, strengthening, and building a strong cardiovascular system. This class is low impact on joints and muscles.

Hydro HIIT
This energizing class combines short burst of intense exercise followed by less intense periods of rest while incorporating cardio and resistance exercises to increase metabolism and strengthen the body. All levels and ages will benefit from this class.

Private Lessons
Private lessons are available for all ages upon request. Please inquire at the front desk.

Kids Swim Lessons
Lessons are available for children ages 3 and up. Must be potty trained. Please inquire at the front desk.