

## October Class Schedule 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am – 8:00 pm 3 <sup>rd</sup> Floor Fitness Room	8:00 am – 8:00 pm 3 <sup>rd</sup> Floor Fitness Room	8:00 am – 8:00 pm 3 <sup>rd</sup> Floor Fitness Room	8:00 am – 8:00 pm 3 <sup>rd</sup> Floor Fitness Room	8:00 am – 8:00 pm 3 <sup>rd</sup> Floor Fitness Room	9:00am – 4:00 pm 3 <sup>rd</sup> Floor Fitness Room
10:30 am – 12:00 pm <b>SilverSneakers</b> <b>CARDIO/M.S.R.O.M.</b> <i>Chris Howard</i>	10:00 -11:00 <b>Gentle Yoga</b> <i>Debra Gloster</i>	10:30 am – 12:00 pm <b>SilverSneakers</b> <b>CARDIO/M.S.R.O.M.</b> <i>Chris Howard</i>	10:15 am – 11:15 am <b>Movement -Matters-</b> <b>Seniors</b> <i>Gia Cacalano</i>		
	11:30 – 1:30 <b>Line Dancing</b> <i>Tonette Stewart</i>		11:30 – 1:30 <b>Line Dancing</b> <i>Tonette Stewart</i>		
	11:00 – 12:00 <b>Water Aerobics</b> <i>Barbara Dimeling</i>		11:00 – 12:00 <b>Water Aerobics</b> <i>Barbara Dimeling</i>		
	5:30 pm – 6:30 pm <b>Body Toning</b> <i>Troy McCune</i>		5:30 pm – 6:30 pm <b>Body Toning</b> <i>Troy McCune</i>		
	5:30 – 6:30 <b>Water Aerobic</b> <i>Barbara Dimeling</i>		5:30 – 6:30 <b>Water Aerobics</b> <i>Barbara Dimeling</i>		

## October 2020 Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>27</b> Closed	<b>28</b> Open Swim 8-3 BSS (Only) 4-8	<b>29</b> Open Swim 8 – 10:30 Water Aerobics 11 -12 Open Swim 12:30 – 8 Water Aerobics 5:30 – 6:30	<b>30</b> Open Swim 8-3 BSS (Only) 4-8	<b>1</b> Open Swim 8 – 10:30 Water Aerobics 11 -12 Open Swim 12:30 – 8 Water Aerobics 5:30 – 6:30	<b>2</b> Open Swim 8-3 BSS (Only) 4-8	<b>3</b> BSS (Only) 9-12 Open Swim 12:30 -4
<b>4</b> Closed	<b>5</b> Open Swim 8-8 BSS 4-8	<b>6</b> Open Swim 8 – 10:30 Water Aerobics 11 -12 Open Swim 12:30 – 8 Water Aerobics 5:30 – 6:30	<b>7</b> Open Swim 8-3 BSS (Only) 4-8	<b>8</b> Open Swim 8 – 10:30 Water Aerobics 11 -12 Open Swim 12:30 – 8 Water Aerobics 5:30 – 6:30	<b>9</b> Open Swim 8-3 BSS (Only) 4-8	<b>10</b> BSS (Only) 9-12 Open Swim 12:30 -4
<b>11</b> Closed	<b>12</b> Open Swim 8-8 BSS 4-8	<b>13</b> Open Swim 8 – 10:30 Water Aerobics 11 -12 Open Swim 12:30 – 8 Water Aerobics 5:30 – 6:30 Team Pittsburgh Elite Aquatics 6:30 -8	<b>14</b> Open Swim 8-8 BSS 4-8	<b>15</b> Open Swim 8 – 10:30 Water Aerobics 11 -12 Open Swim 12:30 – 8 Water Aerobics 5:30 – 6:30 Team Pittsburgh Elite Aquatics 6:30 - 8	<b>16</b> Open Swim 8-3 BSS (Only) 4-8	<b>17</b> BSS (Only) 9-12 Open Swim 12:30 -4
<b>18</b> Closed	<b>19</b> Open Swim 8-8 BSS 4-8	<b>20</b> Open Swim 8 – 10:30 Water Aerobics 11 -12 Open Swim 12:30 – 8 Water Aerobics 5:30 – 6:30 Team Pittsburgh Elite Aquatics 6:30-8	<b>21</b> Open Swim 8-8 BSS 4-8	<b>22</b> Open Swim 8 – 10:30 Water Aerobics 11 -12 Open Swim 12:30 – 8 Water Aerobics 5:30 – 6:30 Team Pittsburgh Elite Aquatics 6:30 - 8	<b>23</b> Open Swim 8-3 BSS (Only) 4-8	<b>24</b> BSS (Only) 9-12 Open Swim 12:30 -4
<b>25</b> Closed	<b>26</b> Open Swim 8-8 BSS 4-8	<b>27</b> Open Swim 8 – 10:30 Water Aerobics 11 -12 Open Swim 12:30 – 8 Water Aerobics 5:30 – 6:30 Team Pittsburgh Elite Aquatics 6:30 - 8	<b>28</b> Open Swim 8-8 BSS 4-8	<b>29</b> Open Swim 8 – 10:30 Water Aerobics 11 -12 Open Swim 12:30 – 8 Water Aerobics 5:30 – 6:30 Team Pittsburgh Elite Aquatics 6:30 - 8	<b>30</b> Open Swim 8-3 BSS (Only) 4-8	<b>31</b> BSS (Only) 9-12 Open Swim 12:30 -4