Pool @ Greater Missoula Family YMCA

November 28th - December 4th

3000 South Russell Street
MISSOULA, MT 59801
(406) 721-9622

	SAT 28	SUN 29	MON 30	TUE 1	WED 2	THU 3	FRI 4
5am			**Lap Swim - Partial Pool** 5:30am - 7am				
			Swim Team - 3 Lanes 5:30am - 7am				
7am	**Swim Team** 7am - 9am		**Lap Swim - Whole Pool** 7am - 7:30am	**Aqua HIIT** Julie C 7:30am - 8:30am	**Aqua Intervals (S)** Nora K 7:30am - 8:30am	**Aqua HIIT** Logann M 7:30am - 8:30am	**Aqua Aerobics HIIT** YMCA Rotation 7:30am - 8:30am
			Lap Swim - Partial Pool 7:30am - 8:30am				
8am		**Lap Swim - Whole Pool** 8am - 10am					
9am	**Lap Swim - Partial Pool** 9am - 7:30pm						
	Open Swim - Partial Pool 9am - 7:30pm						
11am			**Aqua Intervals (S)** Logann M 11:05am - 12:05pm		**Water Aerobics** Anny B 11:05am - 12pm		**Water Aerobics** Judy H 11:05am - 12pm
12pm		**Lap Swim - Partial Pool** 12:15pm - 5:30pm					
		Open Swim - Partial Pool 12:15pm - 5:30pm					

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.