Pool @ Greater Missoula Family YMCA

November 29th - December 5th

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

	SUN 29	MON 30	TUE 1	WED 2	THU 3	FRI 4	SAT 5
5am		**Lap Swim - Partial Pool** 5:30am - 7am					
		Swim Team - 3 Lanes 5:30am - 7am					
7am		**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						
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.