

Fitness Class Calendar

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:00-9:00	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool
11:30-3:00	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool	Swim Series Lap Lanes *Northeast Pool
12:00-12:55				Midday Yoga Sheriff's Office- PSR	

Midday Yoga- Experience an ancient practice that combines strength, stamina, flexibility and breath while improving your posture and balance.

Swim Series- Lap lanes- Get advice on how to improve your swimming skills from the aquatics staff. During these times you can utilize the pools lap lanes for no charge. **Show your County ID to gain access.**

Locations:

Sheriff's Office- 2621 Hawthorne Road, Gainesville

Northeast Pool- 1100 NE 14th Street, Gainesville (MLK Complex)

