



# Longmont United Hospital Health Ambitions

## Pool Schedule

Effective Monday, July 5, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 a.m.	Open Swim 6:30-7:00 a.m.	Open Swim 6:30-8:00 a.m.	Open Swim 6:30-7:00 a.m.	Open Swim 6:30-8:00 a.m.	Open Swim 6:30-7:00 a.m.		
7:00 a.m.	Aqua Aerobics 7:00-7:45 a.m.		Aqua Aerobics 7:00-7:45 a.m.		Aqua Aerobics 7:00 7:45 a.m.	Open Swim 7:00-9:00 a.m.	
8:00 a.m.	Young at Heart 8:30-9:15 a.m.	Young at Heart 8:00-8:45 a.m.	Young at Heart 8:30-9:15 a.m.	Young at Heart 8:00-8:45 a.m.	Young at Heart 8:30-9:15 a.m.		
9:00 a.m.						Young at Heart 9:00-9:45 a.m.	
10:00 a.m.	Arthritis 10:00-10:45 a.m.	Arthritis 10:00-10:45 a.m.	Arthritis 10:00-10:45 a.m.	Arthritis 10:00-10:45 a.m.	Ai Chi 10:00-10:45 a.m.	Open Swim 10:00 a.m.-2:00 p.m.	Open Swim 10:00 a.m.-2:00 p.m.
11:00 a.m.	Open Swim 11:00 a.m.-4:30 p.m.	Pool Closed 11:00 a.m.-Noon	Open Swim 11:00 a.m.-4:30 p.m.	Pool Closed 11:00 a.m.-Noon	Open Swim 11:00 a.m.-4:30 p.m.		
12 NOON		Open Swim Noon-5:00 p.m.		Open Swim Noon-5:00 p.m.			
1:00 p.m.							
2:00 p.m.						Closed	Closed
3:00 p.m.						<b>Please call Health Ambitions to verify class times at 303.485.4161. Class times and offerings are subject to change. Thank you!</b>	
4:00 p.m.	Young at Heart 4:30-5:15 p.m.		Young at Heart 4:30-5:15 p.m.		Young at Heart 4:30-5:15 p.m.		
5:00 p.m.	Ai Chi 5:30-6:15 p.m.	Aqua Aerobics 5:15-6:00 p.m.	Arthritis 5:30-6:15 p.m.	Aqua Aerobics 5:15-6:00 p.m.	Open Swim 5:30-7:00 p.m.		
6:00 p.m.		Open Swim 6:00-7:00 p.m.		Open Swim 6:00-7:00 p.m.			
7:00 p.m.	Closed	Closed	Closed	Closed	Closed		

\*Class requires and additional fee.

Changing The *Caring* Experience...



**Gym Schedule**

**Effective Monday, July 5, 2010**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:30 a.m.</b>	Gym Open 6:30 a.m.-7:00 p.m.	Gym Open 6:30 a.m.-7:00 p.m.	Gym Open 6:30 a.m.-7:00 p.m.	Gym Open 6:30 a.m.-7:00 p.m.	Gym Open 6:30 a.m.-7:00 p.m.	Gym Open 7:00 a.m.-2:00 p.m.	
<b>7:00 a.m.</b>		ABC Conditioning 7:15-8:00 a.m.	T.R.E.W.E.* 7:00-8:10 a.m.	ABC Conditioning 7:15-8:00 a.m.	T.R.E.W.E.* 7:00-8:10 a.m.		
<b>8:00 a.m.</b>						ABC Conditioning 7:15-8:00 a.m.	
<b>9:00 a.m.</b>		Sit and Be Fit 9:00 9:45 a.m.		Sit and Be Fit 9:00 9:45 a.m.		Tai Chi* 9:00-11:00 a.m.	
<b>10:00 a.m.</b>							Gym Open 10:00 a.m.-2:00 p.m.
<b>11:00 a.m.</b>							
<b>12 NOON</b>							
<b>1:00 p.m.</b>							
<b>2:00 p.m.</b>						Closed	Closed
<b>3:00 p.m.</b>						<p><b>Please call Health Ambitions to verify class times at 303.485.4161. Class times and offerings are subject to change. Thank you!</b></p>	
<b>4:00 p.m.</b>		Zumba Gold 4:30-5:15 p.m.		Circuit Training 4:30-5:15 p.m.			
<b>5:00 p.m.</b>		Healing Yoga* 5:30-6:45 p.m.		Pre-Natal Yoga* 5:30-6:30 p.m.			
<b>6:00 p.m.</b>			Tai Chi* 6:30-7:30 p.m.				
<b>7:00 p.m.</b>	Closed	Closed	Closed	Closed	Closed		

\*Class requires and additional fee.