



Longmont United Hospital *Health Ambitions*

Pool Schedule

Effective January, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Open Swim 6:30-7:00	Open Swim 6:30-8:00	Open Swim 6:30-7:00	Open Swim 6:30-8:00	Open Swim 6:30-7:00		
7:00 AM	Power Aqua 7:00-7:50		Power Aqua 7:00-7:50		Power Aqua Variety 7:00-7:50	Open Swim 7:00-8:30	
8:00 AM	Low Impact Aqua Aerobics 8:30-9:20	Power Aqua Variety 8:00-8:50	Aqua CORE 8:30-9:20	Power Aqua 8:00-8:50	Low Impact Aqua Aerobics 8:30-9:20	Power Aqua 8:30-9:20	
9:00 AM							
10:00 AM	Aqua CORE 10:00-10:50	Aqua Arthritis 10:00-10:50	Ai Chi 10:00-10:50	Aqua Arthritis 10:00-10:50	Aqua Arthritis 10:00-10:50	Open Swim 9:20-2:00	Open Swim 10:00-2:00
11:00 AM	Open Swim 11:00-4:30	Pool Closed 11:00-Noon	Open Swim 11:00-4:30	Pool Closed 11:00-Noon	Open Swim 11:00-4:30		
12 NOON		Open Swim Noon-5:00		Open Swim Noon-5:00			
1:00 PM							
2:00 PM						Closed	Closed
3:00 PM						<p>Please call Health Ambitions to verify class times at 303.485.4161. Class times and offerings are subject to change. Thank you!</p>	
4:00 PM	Low Impact Aqua Aerobics 4:30-5:20		Power Aqua 4:30-5:20		Low Impact Aqua Aerobics 4:30-5:20		
5:00 PM	Ai Chi 5:30-6:20	Aqua Zumba 5:15-6:05	Pre/Post Natal 5:30-6:20	Power Aqua 5:15-6:05	Open Swim 5:30-7:00		
6:00 PM		Open Swim 6:00-7:00		Open Swim 6:00-7:00			
7:00 PM	Closed	Closed	Closed	Closed	Closed		

Changing The Caring Experience...