



*Clara R. McKenna Aquatic Center*  
 111 Western Avenue  
 Antigo, Wisconsin 54409  
 (715) 627-0497

## March 20-March 25, 2017

### Aerobics, Ai-Chi, Arthritis, H2O Cardio, SWET

| <u>Monday, March 20</u>                       | <u>Tuesday, March 21</u>                         | <u>Wed., March 22</u>                         | <u>Thursday, March 23</u>                        | <u>Friday, March 24</u>                       | <u>Saturday, March 25</u>                                      |
|---|--|---|--|---|--|
|   | <b>Aerobics-Warm Pool</b><br>7:20am-8:20am       |   | <b>Aerobics-Warm Pool</b><br>7:20am-8:20am       |   |  |
| <b>H-I Aerobics-Lap Pool</b><br>7:30am-8:30am | <b>H-I Aerobics-Lap Pool</b><br>7:30am-8:30am    | <b>L-I Aerobics-Lap Pool</b><br>7:30am-8:30am | <b>H-I Aerobics-Lap Pool</b><br>7:30am-8:30am    | <b>L-I Aerobics-Lap Pool</b><br>7:30am-8:30am | <b>Aerobics-Lap Pool</b><br>8:00am-9:00am<br>(March 4, 18)     |
| <b>Ai-Chi-Warm Pool</b><br>7:45am-8:45am      |  | <b>Ai-Chi-Warm Pool</b><br>7:45am-8:45am      |  |   | <b>H2O Cardio -Lap Pool</b><br>8:00am-8:45am<br>(March 11, 25) |
| <b>H2O Cardio-Lap Pool</b><br>9:00am-9:45am   | <b>Arthritis-Warm Pool</b><br>9:00am-10:00am     | <b>H2O Cardio -Lap Pool</b><br>9:00am-9:45am  | <b>Arthritis-Warm Pool</b><br>9:00am-10:00am     |   |  |
|   | <b>L-I Aerobics -Lap Pool</b><br>10:00am-11:00am |   | <b>L-I Aerobics -Lap Pool</b><br>10:00am-11:00am |   |  |
|   | <b>Ai-Chi-Warm Pool</b><br>11:00am-12:00pm       |   | <b>Ai-Chi-Warm Pool</b><br>11:00am-12:00pm       |   |  |
| <b>H2O Cardio-Lap Pool</b><br>5:30pm-6:15pm   |  | <b>H2O Cardio-Lap Pool</b><br>5:30pm-6:15pm   |  |   |  |

|                                 | <u>Individual Classes</u> | <u>Prepaid -7 Classes</u> |
|---------------------------------|---------------------------|---------------------------|
| <b>Adult Member</b>             | <b>\$4</b>                | <b>\$21</b>               |
| <b>Adult Nonmember</b>          | <b>\$6</b>                | <b>\$35</b>               |
| <b>Senior/Student Member</b>    | <b>\$3</b>                | <b>\$14</b>               |
| <b>Senior/Student Nonmember</b> | <b>\$4</b>                | <b>\$21</b>               |