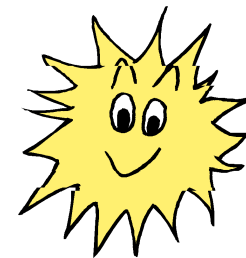




April 2017



Pool schedules & additional information: lacamassport.com

Phone: 834-8506

Club Hours: Mon - Fri 5am -10pm
 Saturday 7am - 7pm
 Sunday 9am - 7pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 Cardio Express (GF) 6:00 Spin (SP)	5:15-7:15 Masters/Warriors*(GV) 6:00 TEAM Lac Attack* (WR) 6:00 Strike (Kickbox) (GF)	5:30 Cardio Express (GF) 6:00 Spin (SP)	5:15-7:15 Masters/Warriors*(GV) 6:00 TEAM Lac Attack* (WR) 6:00 Cardio Circuit (GF)	5:00 Free Friend Day (4/7)	7:00 Masters* (GV) 7:00 Tri Swim (GV)	7:30 Run Group (parking lot)
8:40-12 Kids Club 8:45 Dance Mixx (GF) 9:00 Aqua Workout (IP)	8:40-11 Kids Club 8:45 Cardio Express (SP)	8:40-12 Kids Club 8:45 Dance Mixx (GF) 9:00 Aqua Workout (IP)	8:40-11 Kids Club 8:45 Cardio Express (SP)	8:40-12 Kids Club 8:45 Dance Mixx (GF) 9:00 Aqua Workout (IP)	7:00-12 Swim Lessons* (IP) 7:55-11 Kids Club 8:00 Dance Mixx* (GF) 8:00 Senior/Gold ST* (GV) 8:30 Bike Ride if dry! (L)	Party/Facility Rentals: See the front desk to reserve your time...Limited days & times are available.
9:15 Bike Blast (SP) 9:45 Zumba (GF) 10:00 Partner Training*(WR) 10:00 Masters Swim* (GV) 10:15 Yoga (SP)	9:15 Blast (GF) 9:15 Stretch & Breathe (SP)	9:15 TEAM Lac Attack* (WR)	9:15 Blast (GF) 9:15 Stretch & Breathe (SP)	9:15 Bike Blast (SP)	9:00 TEAM Lac Attack* (WR) 9-11 Full Court Basketball	9a-6:30p Family/Lap (IP)
11:00 Silver&Fit® 2 (GF)	11:00 Silver Rhythm Adv (GF)	11:00 Silver&Fit® 2 (GF)	11:00 Silver Rhythm Adv (GF)	9:45 Personal Touch (GF) 10:00 Masters Swim* (GV)	9:30 Boot Camp Interval (GF) 10:00 Silver/Prep Team* (GV) 10:15 Yoga (GF)	12-3pm Family/Lap (GV)
11:45 SilverSneakers® (GF) 12-2p Swim Lessons (IP)	12:00 TEAM Lac Attack* (WR) 12:00 Dance Mixx (GF) 12:15 Pickleball (Gym)	11:45 SilverSneakers® (GF) 12-2p Swim Lessons (IP)	12:00 TEAM Lac Attack* (WR) 12:00 Dance Mixx (GF) 12:15 Pickleball (Gym)	11:00 Zumba Express (GF)	11:00 ZUMBA TONING* (4/22) 12-3pm Family/Lap (GV) 12-6:30p Family/Lap(IP)	12-7 Family Time(Weight/Cardio) 3:30 Pickleball (Gym) 4:30-6:30p Public Swim* (IP)
2-4 Family Time (Weight/Cardio) 2:15-7 Basketball (1/2 Gym)	2:15-7 Basketball (1/2 Gym)	2-4 Family Time (Weight/Cardio) 2:15-7 Basketball (1/2 Gym)	2:15-7 Basketball (1/2 Gym)	2-10 Family Time (Weight/Cardio) 2:15-7 Basketball (1/2 Gym)	12-7 Family Time (Weight/Cardio) 12:15 Pickleball (Gym) 4:30-6:30p Public Swim* (IP)	5:45 Dance Mixx (GF)
3:15-8 Swim Teams* (GV) 3:15-4 ST Dryland* (SP) 4-8:30 Family/Lap (IP) 4:10-6:10 Kids Club 4:15 Dance Mixx (GF) 4:45-5:30 ST Dryland* (SP) 5:15 Blast (GF)	3:15-8 Swim Teams* (GV) 3:30-6:30 Swim Lesson*(IP)	3:15-8 Swim Teams* (GV) 3:15-4 ST Dryland* (SP) 4-8:30 Family/Lap (IP) 4:10-6:10 Kids Club 4:15 Dance Mixx (GF) 4:45-5:30 ST Dryland* (SP) 5:15 Blast (GF)	3:15-8 Swim Teams* (GV) 3:30-6:30 Swim Lesson*(IP)	3:15-8 Swim Teams* (GV) 4-8:30 Family/Lap (IP) 4:10-6:10 Kids Club 4:15 Dance Mixx (GF) 5:00 TEAM Lac Attack* (WR)	5:00 TEAM Lac Attack* (WR)	
5:30 TEAM Lac Attack* (WR) 6:00 Zumba (GF)	5:55-8:15 Kids Club 6:00 Bike Blast (SP) 6:15 Strength45 (GF)	5:30 TEAM Lac Attack* (WR) 6:00 Zumba (GF)	5:55-8:15 Kids Club 6:00 Bike Blast (SP) 6:15 Strength45 (GF)	6:30-8:30 Public Swim* (IP)	6:30-8:30 Public Swim* (IP)	
6:30-8:30 Public Swim* (IP) 7-9 Confident Driving* (SP)	6:30-8:30 Family/Lap (IP) 7-9 Confident Driving* (SP) 7:00 Masters Swim* (GV) 7:15 Adlt Swim Clinic* (IP/GV) 7:15 Dance Mixx (GF)	6:30-8:30 Public Swim* (IP) 7-9 Confident Driving* (SP) 7:00 Yoga (GF) 7-9 Pickleball (Gym)	6:30-8:30 Family/Lap (IP) 7-9 Confident Driving* (SP) 7:00 Masters Swim* (GV) 7:15 Adlt Swim Clinic* (IP/GV) 7:15 Dance Mixx (GF)	6:30-8:30 Public Swim* (IP)		
				6:30-8:30 Public Swim* (IP)		
				Key: * Programs incur a fee (GF)-Group Fitness room (GV)-Grass Valley Aquatics Center (SP)-Spin room (L)-Lobby (IP)-Indoor Pools (WR)-Weight Room		
					Events/Reminders: + FREE Pasta Lunch for our Silver Program members! Come socialize and eat pasta on April 5th. One Silver workout that day at 11am.... +Sign up today for American Red Cross Lifeguard Training at the front desk...this summer, get a job where you can save a life! +Our new CAGE & functional fitness equipment is here! Sign up for a TEAM Lac Attack class or partner training session to learn how! +KIDS CLUB is INCLUDED for kids who are CLUB MEMBERS! +Our Team, Partner and Personal Training programs can help you meet your goals. Ask for details at the front desk. +FREE Friends Fitness Friday- On the First Friday of the month club members may bring one non-member guest into the club for free! +Our Adult Swim Clinic Series starts in January, April, July or September. Learn to swim with confidence... +For information on our HeadHunters Triathlon Tribe and to get on the Triathlon email group, email lacamassport@comcast.net ! +A separate calendar for lap/family swimming is available @ front desk. +For the latest information: www.lacamassport.com	