

MONDAY, OCTOBER 11:

- 5:30AM-Body Pump (45 Min)
- 8:00AM-Early Bird Water Fitness (60 Min)
- 8:30AM-Body Pump (60 Min)
- 9:00AM-12:00PM-Beginner Pickleball
- 9:15AM-Aqua Fun and Fit Water Fitness (60 Min)
- 9:30AM-Morning Yoga (30 Min)
- 10:00AM-12:00PM-Bounce House for Kids (Gym 1)
- 10:30AM-11:30AM-Self-Guided Adult Swim
- 10:30AM-S.A.I.L. (Stay Active & Independent for Life) (60 Min)
- 12:00PM-1:00pm Pick Up Basketball
- 4:00PM-5:00PM-Open/Lap Swim
- 5:00PM-Pilates (45 Min)
- 5:15PM-Aqua Energy Water Fitness (60 Min)
- 6:00PM-8:00PM- Pickleball

TUESDAY, OCTOBER 12:

- 5:15AM-Cycling (60 Min)
- 8:00AM-Early Bird Water Fitness (60 Min)
- 8:00AM-Functional Fitness (60 Min)
- 8:30AM-Group Cycling (45 Min)
- 9:00AM-12:00PM-Pickleball
- 9:15AM-Aqua Fun and Fit Water Fitness (60 Min)
- 10:00AM-12:00PM-Bounce House for Kids (Gym 1)
- 11:15AM-SilverSneakers Yoga (45 Min)
- 12:00PM-1:00PM Equipment Orientations
- 2:30PM-4:00PM-Senior Cards/Game Time (Ages 55+)
- 5:00PM-Insanity (50 Min)
- 4:00PM-5:00PM-Open/Lap Swim

WEDNESDAY, OCTOBER 13:

- 5:30AM-Body Pump (45 Min)
- 6:30AM-TRX Class (30 Min)
- 8:00AM-Early Bird Water Fitness (60 Min)
- 8:30AM-Body Pump (60 Min)
- 9:00AM-12:00PM-Beginner Pickleball
- 9:15AM-Aqua Fun and Fit Water Fitness (60 Min)
- 9:30AM-Morning Yoga (30 Min)

**On the Spot Interviews!**  
**Monday:** 1-2pm  
**Tuesday:** 4:30-5:30pm  
**Wednesday:** Visit us at the  
 Jobfest at M-State 12-6pm  
**Thursday:** 11-12pm



- 10:30AM-11:30AM-Self-Guided Adult Swim
- 10:30AM-S.A.I.L. (Stay Active & Independent for Life) (60 Min)
- 12:00PM-1:00pm Pick Up Basketball
- 4:00PM-5:00PM-Open/Lap Swim
- 5:00PM-Pilates (45 Min)
- 5:15PM-Aqua Energy Water Fitness (60 Min)
- 6:00PM-8:00PM- Pickleball

THURSDAY, OCTOBER 14:

- 5:15AM-Cycling (60 Min)
- 8:00AM-Early Bird Water Fitness (60 Min)
- 8:00AM-Functional Fitness (60 Min)
- 8:30AM-Group Cycling (45 Min)
- 9:00AM-12:00PM-Pickleball
- 9:15AM-Aqua Fun and Fit Water Fitness (60 Min)
- 11:15AM-SilverSneakers Yoga (45 Min)
- 12:00PM-1:00PM Equipment Orientations
- 2:30PM-4:00PM-Senior Cards/Game Time (Ages 55+)
- 5:00PM-Insanity (50 Min)
- 4:00PM-5:00PM-Open/Lap Swim

FRIDAY, OCTOBER 15:

- 5:30AM-Body Pump (45 Min)
- 8:00AM-Early Bird Water Fitness (60 Min)
- 8:30AM-Body Pump (60 Min)
- 9:00AM-12:00PM-Beginner Pickleball
- 9:15AM-Aqua Fun and Fit Water Fitness (60 Min)
- 9:30AM-Morning Yoga (30 Min)
- 10:30AM-11:30AM-Self-Guided Adult Swim
- 10:30AM-S.A.I.L. (Stay Active & Independent for Life) (60 Min)
- 12:00PM-1:00pm Pick Up Basketball
- 4:00PM-7:00PM-Open/Lap Swim
- 6:00PM-7:00PM- Pickleball

SATURDAY, OCTOBER 16:

- 8:00AM-Insanity (50 Min)
- 11:30AM-3:30PM-Lap/Open Swim
- 10:00AM-2:00PM Leighton Broadcasting's Kid and Parent Expo