

AQUATICS - NEWPORT NEWS FITNESS AUGUST

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	OPEN SWIM 5:00am - 8:30am 6:35pm - Closing	OPEN SWIM 5:00am - 5:30pm 7:30 pm - Closing	OPEN SWIM 5:00 am - 8:30 am 9:30am - Closing	OPEN SWIM 5:00am - 5:30pm 9:30am - Closing	OPEN SWIM 5:00am - 8:30am 9:30am - 11:00am 1:00pm - 5:30pm 6:30 pm - Closing	OPEN SWIM 7:00am - 9:00am 10:00am - 4:30pm 6:30pm - Closing	OPEN SWIM 7:00am - 4:30pm
	AQUA POWER 8:30am - 9:30am - Sheila		AQUA POWER 8:30am - 9:30am - Sheila		AQUA CIRCUIT (ADV) 8:30am - 9:30am - Alli		
					POOL/JACUZZI CLOSED FOR CLEANING 11:00am - 1:00pm		
PM	AQUA FUSION 5:30pm - 6:30pm DIONNE	AQUA FUSION 5:30pm - 6:30pm Teresa	AQUA CIRCUIT 6:30pm - 7:30pm Barbara				
				AQUA ZUMBA 6:30pm - 7:30pm - Nikki	AQUA KICKBOXING 5:30pm - 6:30pm - Linda		

***Be mindful of pool closures due to scheduled classes.**

NEWPORT NEWS

815 City Center Blvd.
Newport News, VA 23606
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GENERAL MANAGER

Roger Lee
RLee@onelifefitness.com

AQUA FITNESS DIRECTOR

Stephen Weeden
Stephen.Weeden@onelifefitness.com

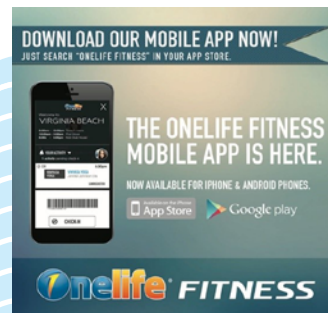
GYM HOURS

MON - THR 5:00am - 11:00pm
FRIDAY 5:00am - 10:00pm
SATURDAY 7:00am - 8:00pm
SUNDAY 7:00am - 8:00pm

KID'S CLUB HOURS

MON - SUN 9:00am - 1:30pm
MON - FRI 3:30pm - 8:30pm

**Be mindful of pool closures
due to scheduled classes.**



The Private Swim Lesson program and weekend Family Swim Time have been cancelled.

Contact the Aquatics Director Stephen Weeden
stephen.weeden@onelifefitness.com for more
information on class schedule.

Ask us about a FREE one week pass