

Rec Center Hours:**Mon. - Thurs. 5:00am - 10:00pm****Friday 5:00am - 9:00pm****Saturday 5:00am - 8:00pm****Sunday 1:00pm - 8:00 pm****Lifeguard Hours:****Mon. - Fri. 6:30 pm - 8:45 pm****Sat./Sun. 2:00-5:00pm**

Ida Grove Comm Rec Center

February 2012

364-3716

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:45am Kick It Up 8:00am Step Aerobics 5:15pm Circuit Training 6:30pm Yoga	2 5:45am Circuit Training 9:30am Step Aerobics 10:00am Momee Time 5:30pm Zumba	3 5:45am Spinning 9:00am Zumba 4:45pm Circuit Training	4 TKD Tiger Pack 11:00am TKD Mixed 11:30am
5	6 5:45am Core Challenge 8:00am Step Aerobics 10:00 Momee Time 5:30pm Spinning 7:00pm Gentle Workout	7 5:45am Circuit Training 9:00am Zumba 5:30pm Zumba	8 5:45am Kick It Up 8:00am Step Aerobics 5:15pm Circuit Training 6:30pm Yoga	9 5:45am Circuit Training 9:30am Step Aerobics 10:00am Momee Time 5:30pm Zumba	10 5:45am Spinning 9:00am Zumba 4:45pm Circuit Training	11 TKD Tiger Pack 11:00am TKD Mixed 11:30am
12	13 5:45am Core Challenge 8:00am Step Aerobics 10:00 Momee Time 5:30pm Spinning 7:00pm Gentle Workout	14 5:45am Circuit Training 9:00am Zumba 5:30pm Zumba	15 5:45am Kick It Up 8:00am Step Aerobics 5:15pm Circuit Training 6:30pm Yoga	16 5:45am Circuit Training 9:30am Step Aerobics 10:00am Momee Time 5:30pm Zumba	17 5:45am Spinning 9:00am Zumba 4:45pm Circuit Training	18 TKD Tiger Pack 11:00am TKD Mixed 11:30am
19	20 5:45am Core Challenge 8:00am Step Aerobics 10:00 Momee Time 5:30pm Spinning 7:00pm Gentle Workout	21 5:45am Circuit Training 9:00am Zumba 5:30pm Zumba	22 5:45am Kick It Up 8:00am Step Aerobics 5:15pm Circuit Training 6:30pm Yoga	23 5:45am Circuit Training 9:30am Step Aerobics 10:00am Momee Time 5:30pm Zumba	24 5:45am Spinning 9:00am Zumba 4:45pm Circuit Training	25 TKD Tiger Pack 11:00am TKD Mixed 11:30am
26	27 5:45am Core Challenge 8:00am Step Aerobics 10:00 Momee Time 5:30pm Spinning 7:00pm Gentle Workout	28 5:45am Circuit Training 9:00am Zumba 5:30pm Zumba	29 5:45am Kick It Up 8:00am Step Aerobics 5:15pm Circuit Training 6:30pm Yoga			
	Mondays: Indoor Soccer 7:30-9:30 p.m.					