

Rec Center Hours:

Mon. - Thurs. 5:00am - 10:00pm

Fridays 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 September 2010

364-3716

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Drill Team 6:30-7:30 a.m. Step Aerobics 8:00 a.m.	2	3	4
5	6 Closed for Labor Day	7 Drill Team 6:30-7:30 a.m.	8 Drill Team 6:30-7:30 a.m. Step Aerobics 8:00 a.m.	9	10	11
12 I	13 Step Aerobics 8:00 a.m. Fulton Basketball Academy in Gym 7:00-9:00 p.m.	14 Drill Team 6:30-7:30 a.m.	15 Drill Team 6:30-7:30 a.m. Step Aerobics 8:00 a.m.	16	17	18
19 IPRA/NFL Place Kick, Punt, Throw at high school 1:00 p.m.	20 Step Aerobics 8:00 a.m. Low Impact Cardio 9 a.m. Spinning 5:15 p.m. Circuit Training 6:00 p.m.	21 Drill Team 6:30-7:30 a.m. Step Aerobics 5:30 p.m.	22 Drill Team 6:30-7:30 a.m. Step Aerobics 8:00 a.m. Low Impact Cardio 9 a.m.	23 Water Aerobics 5:30 p.m.	24	25 Cardio Kickboxing 8:00 am
26	27 Step Aerobics 8:00 a.m. Low Impact Cardio 9 a.m. 0 Spinning 5:15 p.m. Circuit Training 6:00 p.m.	28 Drill Team 6:30-7:30 a.m. Step Aerobics 5:30 p.m.	29 Drill Team 6:30-7:30 a.m. Step Aerobics 8:00 a.m. Low Impact Cardio 9 a.m.	30 Water Aerobics 5:30 p.m.		
				White Tiger TKD Schedule TBA for Thursdays or Saturdays		