

Rec Center Hours:**Mon. - Thurs. 5:00 am - 10:00 pm****Friday 5:00 am - 9:00 pm****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

March 2010

364-3716

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Step Aerobics 8:00 a.m. Senior Fitness 9:00 a.m. Cardio Circuit 5:15 p.m. W.O.W 5:30 p.m.	2	3 Step Aerobics 8:00 a.m. Senior Fitness 9:00 a.m. The Fitness Mix 5:30 p.m.	4 Water Aerobics 5:30 p.m. Fulton Basketball Academy 6:00 - 8:00 p.m. in Gym	5 Step Aerobics 8:00 a.m. Senior Fitness 9:00 a.m.	6 Cardio Kickboxing 8:00 a.m.
7	8 Step Aerobics 8:00 a.m. Senior Fitness 9:00 a.m. Cardio Circuit 5:15 p.m. W.O.W 5:30 p.m.	9 Body Blast 5:30 p.m.	10 Step Aerobics 8:00 a.m. Senior Fitness 9:00 a.m.	11 Water Aerobics 5:30 p.m.	12 Step Aerobics 8:00 a.m. Senior Fitness 9:00 a.m. IPRA Spot Shot 4:00 p.m.	13 Cardio Kickboxing 8:00 a.m. White Wall War Adult Racquetball Tournament
14	15 Step Aerobics 8:00 a.m. Senior Fitness 9:00 a.m. Cardio Circuit 5:15 p.m. W.O.W 5:30 p.m.	16 Body Blast 5:30 p.m.	17 Step Aerobics 8:00 a.m. Senior Fitness 9:00 a.m.	18 Water Aerobics 5:30 p.m.	19 Step Aerobics 8:00 a.m. Senior Fitness 9:00 a.m.	20 Cardio Kickboxing 8:00 a.m.
21	22 Step Aerobics 8:00 a.m. Senior Fitness 9:00 a.m. Cardio Circuit 5:15 p.m. W.O.W 5:30 p.m.	23 Body Blast 5:30 p.m.	24 Step Aerobics 8:00 a.m. Senior Fitness 9:00 a.m.	25 Water Aerobics 5:30 p.m.	26 Step Aerobics 8:00 a.m. Senior Fitness 9:00 a.m.	27 Cardio Kickboxing 8:00 a.m.
28	29 Step Aerobics 8:00 a.m. Senior Fitness 9:00 a.m. W.O.W 5:30 p.m.	30 Body Blast 5:30 p.m.	31 Step Aerobics 8:00 a.m. Senior Fitness 9:00 a.m.			
	Mondays: Indoor Soccer 8:30 - 10:00 p.m. in Gym		Wednesdays: Open Basketball 6:30 - 800 p.m. Every Wednesday in Gym	White Tiger TKD Schedule TBA for Thursdays or Saturdays		