

Lap Pool

Updated: November 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5:30 – 7:00 a.m. Masters Fitness w/ Preben</p> <p>8:30 – 9:30 a.m. Aqua Aerobics 2 w/ Nancy</p> <p>11:30 a.m. – 12:30 p.m. Masters Fitness w/ Preben</p> <p>5:30 – 6:30 p.m. Aqua Aerobics w/ Dawn</p>	<p>5:30 – 7:00 a.m. Masters Fitness w/ Preben</p> <p>8:30 – 9:30 a.m. Travel Day w/ Nancy</p> <p>11:30 a.m. – 12:30 p.m. Masters Fitness w/ Preben</p> <p>4:00 – 5:00 p.m. Junior Swim Fitness</p> <p>5:30 – 6:30 p.m. Get Wet & Move w/ Judy</p>	<p>5:30 – 7:00 a.m. Masters Fitness w/ Preben</p> <p>8:30 – 9:30 a.m. Aqua Aerobics 2 w/ Hazel</p> <p>11:30 a.m. – 12:30 p.m. Masters Fitness w/ Preben</p> <p>5:30 – 6:30 p.m. Aqua Aerobics w/ Hazel</p>	<p>5:30 – 7:00 a.m. Masters Fitness w/ Preben</p> <p>8:30 – 9:30 a.m. Power Workout w/ Hazel</p> <p>11:30 a.m. – 12:30 p.m. Masters Fitness w/ Preben</p> <p>4:00 – 5:00 p.m. Junior Swim Fitness</p> <p>5:30 – 6:30 p.m. Get Wet & Move w/ Toni</p>	<p>5:30 – 7:00 a.m. Masters Fitness w/ Preben</p> <p>8:30 – 9:30 a.m. Aqua Aerobics 2 w/ Nancy</p> <p>11:30 a.m. – 12:30 p.m. Masters Fitness w/ Preben</p>	<p>After 11:00 a.m. Junior Swim w/ parent</p> <hr/> <p>Sunday</p> <p>10:00 – 11:00 a.m. Aqua 2 w/ Staff</p> <p>After 11:00 a.m. Junior Swim w/ parent</p>

Our mission is to facilitate healthy lifestyles for everyone in our community regardless of age, experience or physical condition. Through consistency, credibility and professionalism, Chico Sports Club will strive to deliver superior customer service and assist its Members and Guests in creating a happier and healthier way of life.