



WEEKLY CALENDAR

SEPT 30TH-OCT 6TH

MONDAY SEPT 30TH

PICKELBALL
8AM-12PM

8:30AM
MEMBER-LED
MUSCULAR
LONGEVITY

4:30PM WATER
FITNESS
5:30PM WATER
INTERVALS

BINGO 5:30PM

TUESDAY OCT 1ST

8:30AM PILATES

9:30 CARDIO

9:30AM
DEEP WATER

10:30AM
YOGA

10AM-12PM
PARENT-LED
TODDLER GYM
TIME

WEDNESDAY OCT 2ND

PICKELBALL
8AM-12PM

8:30AM MEMBER-
LED MUSCULAR
LONGEVITY

9:30 SILVER & FIT

10:30AM
SHALLOW H2O

11:15AM
TAICHI/GIGONG

5PM WATER
INTERVALS

6PM WATER
FITNESS

THURSDAY OCT 3RD

8:30A MOVE IT
OR LOSE

8:30AM PILATES

9:30AM CARDIO

9:30AM DEEP
WATER

FRIDAY OCT 4TH

PICKELBALL
8AM-12PM

8:30AM
MEMBER-LED
MUSCULAR
LONGEVITY

8:30AM
STRENGTH

10AM
WATER
INTERVALS

11AM
WATER FITNESS

12PM-5PM
OPEN SWIM

SATURDAY OCT 5TH

10AM-4PM
OPEN SWIM

10AM-4PM
BOUNCE
HOUSE

SUNDAY OCT 6TH

VOLLEYBALL
1PM-5:30PM

OPEN SWIM
10M-4PM

WALK FOR
WELLNESS
2PM

12PM CPR & AED
TRAINING



JACK LINK'S

AQUATIC & ACTIVITY CENTER

MINONG, WI

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WEEKLY JLAAC NEWS

SEPT 30TH-OCT 6TH

BINGO MONDAY NIGHT
5:30PM
9/30/24
\$20.00 10 GAMES OF
BINGO

10/1/24
10AM-12PM
PARENT-LED TODDLER
GYM TIME

CHECK THE OCTOBER
CALENDAR FOR NEW
CLASSES AND FUN
EVENTS HAPPENING

ACTIVITIES & CLASSES REQUIRE A MEMBERSHIP OR
\$5.00 DAY PASS