



# WEEKLY CALENDAR

## MARCH 3RD-MARCH 9TH

### MONDAY MARCH 3RD

PICKELBALL  
8AM-12PM

8:30AM  
STRENGTH &  
STRETCH

9:30AM  
MUSCULAR  
LONGEVITY

10AM WATER  
INTERVALS

12:15PM CORE  
ESSENTIALS

5:00PM WATER  
INTERVALS

BINGO 5:30PM

### TUESDAY MARCH 4TH

8:30AM PILATES

9:30AM CARDIO

9:30AM  
DEEP WATER

10:30AM  
YOGA

### WEDNESDAY MARCH 5TH

PICKELBALL  
8AM-12PM

9:30 SILVER & FIT

10:30AM  
SHALLOW H2O

11:15AM  
TAICHI/GIGONG

4:30PM  
STRENGTH &  
STRECH

### THURSDAY MARCH 6TH

8:30AM MOVE IT  
OR LOSE IT

8:30AM PILATES

9:30AM CARDIO

9:30AM  
DEEP WATER

10:30AM  
MUSCULAR  
LONGEVITY

12:15PM CORE  
ESSENTIALS

5:00PM WATER  
INTERVALS

### FRIDAY MARCH 7TH

PICKELBALL  
8AM-12PM

8:30AM  
STRENGTH

10AM  
WATER  
INTERVALS

OPEN SWIM  
12PM-5PM

### SATURDAY MARCH 8TH

OPEN SWIM  
10AM-4PM

BOUNCE  
HOUSE  
10AM-4PM

PRIVATE EVENT  
4PM-10PM

### SUNDAY MARCH 9TH

OPEN SWIM  
10AM-4PM

VOLLEYBALL  
12PM-5:30PM



**JACK LINK'S**

AQUATIC & ACTIVITY CENTER

MINONG, WI

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# WEEKLY JLAAC NEWS

MARCH 3RD- MARCH 9TH

**BINGO MONDAY NIGHT**

**5:30PM**

**3/3/25**

**\$20.00**

**10 GAMES OF BINGO**

**MONDAY MARCH 17TH**

**ST.PATRICK'S DAY**

**WATCH FOR OUR FUN  
EVENTS AND CORNED**

**BEEF & CABBAGE  
DINNER**

**WATCH FOR OUR MARCH  
CALENDAR  
NEW WORKOUT CLASSES  
TO BE ADDED**

**FITNESS 101 - MONDAYS  
FROM 1-3PM - ASK  
QUESTIONS ABOUT HOW  
TO DO CERTAIN LIFTS  
CORRECTLY, HOW TO USE  
THE EQUIPMENT SAFELY  
AND RECOMMENDATIONS  
**STARTING IN MARCH****

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