

July 2010 – Kendall Activities Schedule

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				1 Open Swim: 12-2 and 5:30-8:30pm <u>Fitness Walking</u> : 12:10-1pm- meet in Kendall lobby	2 Open Swim: 12-2 and 5:30-8:30pm	3 Open Swim: 1:30-4pm
4 Independence Day Open Swim: 1-3pm	5 Open Swim: 12-2 and 5:30-8:30pm	6 Open Swim: 12-2 and 5:30-8:30pm <u>Circuit Strength Training</u> : 12:10-1pm–Fitness Center	7 Open Swim: 12-2 and 5:30-8:30pm <u>DVD Workout</u> : Tae Bo 12:10-1pm- Fit Cnt mezzanine	8 Open Swim: 12-2 and 5:30-8:30pm <u>Meet and Run</u> : 12:10-1pm- meet in Kendall lobby	9 Open Swim: 12-2 and 5:30-8:30pm	10 Open Swim: 1:30-4pm
11 Open Swim: 1-3pm	12 Open Swim: 12-2 and 5:30-8:30pm	13 Open Swim: 12-2 and 5:30-8:30pm <u>Circuit Strength Training</u> : 12:10-1pm–Fitness Center	14 Open Swim: 12-2 and 5:30-8:30pm <u>DVD Workout</u> : Yoga 12:10-1pm- Fit Cnt mezzanine	15 Open Swim: 12-2 and 5:30-8:30pm <u>Triathlon Challenge Sign-up</u> : 12:10-1pm- meet in Fitness Center	16 Open Swim: 12-2 and 5:30-8:30pm	17 Open Swim: 1:30-4pm
18 Open Swim: 1-3pm	19 Open Swim: 12-2 and 3-8:30pm	20 Open Swim: 12-2 and 3-8:30pm <u>Circuit Strength Training</u> : 12:10-1pm–Fitness Center	21 Open Swim: 12-2 and 3-8:30pm <u>DVD Workout</u> : ‘Yoga Booty Ballet’ 12:10-1pm- Fit Cnt mezzanine	22 Open Swim: 12-2 and 3-8:30pm <u>Wallyball</u> : 12:10-1pm- meet in Kendall lobby	23 Open Swim: 12-2 and 3-8:30pm	24 Open Swim: 1:30-4pm
25 Open Swim: 1-3pm	26 Open Swim: 12-2 and 3-8:30pm	27 Open Swim: 12-2 and 3-8:30pm <u>Circuit Strength Training</u> : 12:10-1pm–Fitness Center	28 Open Swim: 12-2 and 3-8:30pm <u>DVD Workout</u> : Pilates 12:10-1pm- Fit Cnt mezzanine	29 Open Swim: 12-2 and 3-8:30pm <u>USB Workout Tracking</u> : 12:10-1pm- meet in Fitness Center	30 Open Swim: 12-2 and 3-8:30pm	31 Open Swim: 1:30-4pm

Outdoor Track OneCard Accessible: Mon-Sun 6am-6pm (unless otherwise posted)
Running Route maps are available at the Fitness Center
Fitness Center Summer Hours: Monday-Friday 7am-9am and 12n-6pm

August 2010 – Kendall Activities Schedule

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 Open Swim: 1-3pm	2 Open Swim: 12-5pm	3 Open Swim: 12-5pm <u>Circuit Strength</u> <u>Training</u> : 12:10-1pm– Fitness Center	4 Open Swim: 12-5pm <u>DVD Workout</u> : Tae Bo 12:10pm- Fitness Center mezzanine	5 Open Swim: 12-5pm <u>Meet and Swim</u> : 12:10pm- meet at Kendall pool	6 Open Swim: 12-5pm	7 Open Swim: 1:30- 5:30pm
8 Open Swim: 1-3pm	9 Open Swim: 12-5pm	10 Open Swim: 12-5pm <u>Circuit Strength</u> <u>Training</u> : 12:10-1pm– Fitness Center	11 Open Swim: 12-5pm <u>DVD Workout</u> : ‘Yoga Booty Ballet’ 12:10pm- Fit Cnt mezzanine	12 Open Swim: 12-5pm <u>Fit Cnt & Kendall</u> <u>Orientation</u> : 12:10pm	13 Open Swim: 12-5pm	14 Open Swim: 2-4pm
15 *No Open Swim	16 Open Swim: 12-3pm <i>Last week to swim for Triathlon Challenge</i>	17 Open Swim: 12-3pm <u>Circuit Strength</u> <u>Training</u> : 12:10-1pm– Fitness Center	18 Open Swim: 12-3pm <u>DVD Workout</u> : Pilates 12:10pm- Fitness Center mezzanine	19 <u>Last Summer Open Swim</u> : 12-3pm	20	21
22	23	24 <u>Circuit Strength</u> <u>Training</u> : 12:10-1pm– Fitness Center	25 <u>DVD Workout</u> : Tae Bo 12:10pm- Fitness Center mezzanine	26 <u>Meet and Walk/Jog</u> : 12:10pm- meet in Kendall lobby	27	28
29	30 <i>Last week to bike and run for Triathlon Challenge!</i>	31	9/1	9/2 <i>Finish Line for Triathlon Challenge!</i>		

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