



Tishomingo Wellness Center
 821 E. 6th Street
 Tishomingo, Oklahoma 73460

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN	7-7:30 a.m. 5:30-6 p.m.		7-7:30 a.m. 5:30-6 p.m.		7-7:30 a.m. 5:30-6 p.m.	NO CLASSES POOL CLOSED
CROSS TRAINING	Noon-1 p.m.	Noon-1 p.m.	Noon-1 p.m.	Noon-1 p.m.	Noon-1 p.m.	
SPIN AND STRENGTH		5:30-6 p.m.		5:30-6 p.m.		NO CLASSES POOL CLOSED
FOAM ROLL FLEXIBILITY	4:30-5 p.m.		4:30-5 p.m.			
ABS	6-6:15 p.m.	6-6:15 p.m.	6-6:15 p.m.	6-6:15 p.m.	6-6:15 p.m.	NO CLASSES POOL CLOSED
						NO CLASSES POOL CLOSED
POOL CLOSED	1-2 p.m.	1-2 p.m.	1-2 p.m.	1-2 p.m.	3-7 p.m.	
WATER AEROBICS	9-9:30 a.m.	9-9:30 a.m.	9-9:30 a.m.	9-9:30 a.m.		NO CLASSES POOL CLOSED
FREE SWIM	5:30-9 a.m. 9:30 a.m.-1 p.m. 2-7 p.m.	5:30-9 a.m. 9:30 a.m.-1 p.m. 2-7 p.m.	5:30-9 a.m. 9:30 a.m.-1 p.m. 2-7 p.m.	5:30-9 a.m. 9:30 a.m.-1 p.m. 2-7 p.m.	5:30 a.m.-3 p.m.	

Child care is not available.
 For your safety, the pool will close if lightning is detected within 10 miles of the facility.
 All classes and times are subject to change. We appreciate your business.

