



JOIN US FOR OUR SECOND ANNUAL

# TIMPANY CENTER OPEN HOUSE

FREE AQUA & LAND FITNESS  
CLASSES  
RAFFLE & PRIZES

April 27, 2019 • 9 AM - 2 PM  
730 Empey Way • Admission Free  
*Bring your suit and towel!*

## **POOL SCHEDULE**

9:00-10:00am	SAMMY SPLASH
10:00-11:00am	AQUA AEROBICS
11:00-11:30pm	HEALTHY JOINT
11:30-12:00pm	HEALTHY BACK
12:00-1:00pm	AQUA ZUMBA
1:00-1:30pm	DEEP H2O SWEAT
1:30-2:00pm	AI CHI

## **LAND SCHEDULE**

9:30-10:00am	BEG YOGA
10:00-10:30am	ENHANCE FITNESS®
10:30-11:00am	CHAIR YOGA
11:00-11:30am	WALK 15®
11:30-12:00pm	CORE & MORE
12:00-12:30pm	SIT N FIT
12:30-1:00pm	INCLUSIVE MARTIAL ARTS
1:00-1:30pm	BETTER BONES & BALANCE
1:30-2:00pm	CHILD INCLUSIVE MARTIAL ARTS

**FOR MORE INFORMATION, VISIT  
[www.sjsu.edu/timpany/](http://www.sjsu.edu/timpany/)**

**\*Normal Business hours still apply\***

Adult Swim:7-9am

Swim lessons: 9am-12:15pm

Open Swim:12:15-2:30pm