# December 2022 ARCC & Pool Calendar

**Calendar Key**
- **Black-ARCC Hours**  
- **Blue-Pool Hours**  

When the ARCC is closed, the pool is also closed.

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**Monday**
- 6 am-10 pm
  - Lap Swim: 9:15 am-10:45 am
- 6 am-4:30 pm
  - Lap Swim: 9:15 am-10:45 am
  - Field House: Closing at 12:00 pm
- 6 am-8 pm
  - Lap Swim: 9:15 am-10:45 am
  - WBB Game @ 7 pm
- 6 am-4:30 pm
  - Pool: CLOSED
- 6 am-8 pm
  - Pool: CLOSED

**Tuesday**
- 6 am-4:30 pm
  - Lap Swim: 9:15 am-10:45 am
  - Field House: Closing at 12:00 pm
  - MBB Game @ 7 pm
- 6 am-8 pm
  - Lap Swim: 9:15 am-10:45 am
- 6 am-8 pm
  - Lap Swim: 9:15 am-10:45 am
- 6 am-8 pm
  - Pool: CLOSED

**Wednesday**
- 6 am-8 pm
  - Lap Swim: 9:15 am-10:45 am
- 6 am-8 pm
  - Lap Swim: 9:15 am-10:45 am
- 6 am-8 pm
  - Lap Swim: 9:15 am-10:45 am
- 6 am-8 pm
  - Pool: CLOSED
- 6 am-4:30 pm
  - Pool: CLOSED

**Thursday**
- 6 am-10 pm
  - Lap Swim: 9:15 am-10:45 am
  - 7:00 pm-8:30 pm
- 6 am-8 pm
  - Pool: CLOSED
  - Field House: Closing at 12:00 pm
- 6 am-8 pm
  - Pool: CLOSED
  - Field House: Closing at 12:00 pm

**Friday**
- 6 am-8 pm
  - Pool: CLOSED
- 6 am-8 pm
  - Pool: CLOSED
- 12 pm-7 pm
  - Lap/Rec Swim: 1:00 pm-4:00 pm

**Saturday**
- CLOSED

**Sunday**
- CLOSED

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### Fall Group Fitness Class Schedule (August 22nd-December 9th)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>6:30-7:30 AM</td>
<td>5:30-6:30 PM</td>
<td>4:30-5:15 PM</td>
<td>5:30-6:00 PM</td>
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<td>Indoor Cycle</td>
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<td>Cycle Express</td>
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<td>6:30-7:30 PM</td>
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<td>6:15-6:45 PM</td>
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<tr>
<td>Pumped</td>
<td>Zumba</td>
<td>Tone &amp; Core</td>
<td>1.2 Pumped</td>
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<tr>
<td>6:30-7:30 PM</td>
<td>6:30-7:30 PM</td>
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<td>Gentle Yoga</td>
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*This schedule is subject to change without notice.*

*Group Fitness Classes are free for Mount Students!*

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**Updated: 11/29/22**

This calendar is emailed monthly to everyone in the Mount Community and ARCC Members. Please check your inbox for the calendar each month. Please contact Alexis Hartz (a.e.hartz@msmary.edu) if you do not receive this email.