

Bay Area Athletic Club

985 Newmark Avenue
 Coos Bay, OR 97420
 541-888-5507
www.baacfitness.com

Club Hours
Monday-Friday...5:00am to 10:00pm
Saturday...8:00am to 10:00pm
Sunday...10:00am to 10:00pm

All group fitness classes are included with membership

Pool Schedule

Adult lap swim by reservation only Mon-Fri. UP TO 2 DAYS IN ADVANCE

CHILDREN UNDER AGE 13 MUST HAVE ADULT SUPERVISION- STATE LAW

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:15a Adult Lap	5:00-7:15a Adult Lap	5:00-7:15a Adult Lap	5:00-7:15a Adult Lap	5:00-7:15a Adult Lap	Club opens 8:00am	Club opens 10:00am 10:00a-Noon Adult Lap Noon-10:00p OPEN Swim
7:20-8:20a Aquacise	7:20-8:20a Aquacise	7:20-8:20a Aquacise	7:20-8:20a Aquacise	7:20-8:20a Aquacise		
8:25-9:25a Hydro-Fit	8:30-12:55p Adult Lap	8:25-9:25a Hydro-Fit	8:30-12:55p Adult Lap	8:25-9:25a Hydro-Fit	8:00-8:55a Adult Lap	
9:30-10:30a Aquacise		9:30-10:30a Aquacise		9:30-10:30a Aquacise	9:00-10:15a Instructor's Choice	
10:35a-12:30p Adult Lap	Swim	10:35a-12:30p Adult Lap	Swim	10:35a-12:30p Adult Lap	10:20a-Noon Adult Lap	
12:35-1:55p Senior V-Ball		12:35-1:55p Senior V-Ball		12:35-1:55p Senior V-Ball	Noon-10:00p OPEN Swim	
2:00-3:00p Aquatone	1:00-3:00p Therapy & OPEN Swim	2:00-3:00p Aquatone	2:00-3:00p & OPEN Swim	2:00-3:00p Aquatone		
3:05-4:25p Adult Lap	3:05-4:25p Adult Lap	3:05-4:25p Adult Lap	3:05-4:25p Adult Lap	3:05-4:25p Adult Lap		
4:30-5:30p Aquacise	4:30-5:30p Aquacise	4:30-5:30p Aquacise	4:30-5:30p Aquacise	4:30-5:30p Aquacise		
5:35-10:00p OPEN Swim	5:35-10:00p OPEN Swim	5:35-10:00p OPEN Swim	5:35-10:00p OPEN Swim	5:35-10:00p OPEN Swim		

Aquacise Schedule

(Group fitness training in the water)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:20-8:20a	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
8:25-9:25a	Hydrofit		Hydrofit		Hydrofit	9:00-10:15a
9:30-10:30a	Aquacise		Aquacise		Aquacise	Instructor's
2:00-3:00p	Aquatone		Aquatone		Aquatone	Choice
4:30-5:30p	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	

Currently there are no Sunday Aquacise classes

Class Descriptions

Don't know which aquacise class is right for you? Here's a brief description of the different classes that we offer in the swimming pool...

Aquacise (Aqua): Aquacise is an aerobic class in the water. It includes 30-40 minutes of cardiovascular training with conditioning and stretching. Work at your own pace using the bottom of the pool for movement forward and back, as well as jogging and jumping for added intensity.

Hydrofit (Hydro): Hydro-fit is a deep-water workout which uses flotation devices to aid in extra resistance and added buoyancy. This class is designed for all levels of fitness; however, it does require additional balance and coordination.

Aquatone: Aquatone is designed basically for the beginner. Your intensity level can be as low or high as your fitness level dictates. It is a great class for the person recovering from surgery or injury, obesity, or anyone who has not exercised in many years.



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