

CAPITAL CITY HEALTH CLUB
1280 N.MONTANA AVE, HELENA, MT 59601
(406) 442-6577

Rec pool	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am	ISR 5:30-7:40am	ISR 5:30-7:40am Physical Therapy 8am-1pm. Limited pool capacity	ISR 5:30-7:40am	ISR 5:30-7:40am Physical Therapy 8am-1pm. Limited pool capacity	ISR 5:30-7:40am	OPEN SWIM in REC POOL.	OPEN SWIM in REC POOL.
7:45am	HYDROTONE-VICKY		HYDROTONE-VICKY		HYDROTONE-VICKY		
10:20am	AQUA WALKING-JANELLE		AQUA WALKING-JANELLE		AQUA WALKING-JANELLE		
11:00am	AQUA FIT - JANELLE		AQUA FIT-JANELLE		AQUA FIT-JANELLE		
1:20pm		AQUA WALKING-Janelle		AQUA WALKING-Janelle			
2:00pm		Mindful Water Exercise- Mary		Mindful Water Exercise- Mary			
5:30pm	Liquid Fitness-VICKY		Liquid Fitness-VICKY				

PLEASE CHECK THE LIVE SCHEDULE @ capcity.club FOR UPDATED CLASSES. ALL CLASS DESCRIPTIONS ARE ON THE BACK. ALL CLASSES ARE SUBJECT TO CHANGE. ALL CLASSES ARE BASED OFF INSTRUCTOR AVAILABILITY. EFFECTIVE APRIL 1, 2024.

Lap Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2 lanes reserved during listed scheduled lap pool use.						Masters swim 8:30-9:30am
3:00pm							
4:00pm	Dolphins 4:15-8pm	Dolphins 4:5:30pm	Dolphins 4:15-8pm	Dolphins 4:30-5:30pm	Dolphins 4-7pm		
5:00pm							
6:00pm		Masters swim 5:30-6:30pm		Masters swim 5:30-6:30pm			
6:30pm							
7:00pm							
8:00pm		Dolphins 6:30-8pm		Dolphins 6:30-8pm			
9:00pm							