

AQUATICS - TECH CENTER

 **Onelife**® *FITNESS*

NOV

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	OPEN SWIM 5:00am - 6:30pm 7:30pm - Closing	OPEN SWIM 5:00am - 6:30pm 7:30 pm - Closing	OPEN SWIM 5:00 am - 12:15pm 1:00pm - Closing	OPEN SWIM 5:00am - 5:30pm 6:30pm - Closing	OPEN SWIM 5:00am - 12:15pm 1:00pm - Closing	OPEN SWIM 7:00am - Closing	OPEN SWIM 7:00am - Closing
			H2O HIIT (45 Minutes) 12:15pm - Alli		H2O HIIT (45 Minutes) 12:15pm - Alli		
PM	AQUA ZUMBA 6:30pm - Nikki H.	H2O POWER 6:30pm - Stacey					

***Be mindful of pool closures due to scheduled classes.**

TECH CENTER

615 Hogan Drive • Newport News, VA 23606

P// (757) 881-1300

GENERAL MANAGER

Kirk Trader

Kirk.Trader@onelifefitness.com

AQUA FITNESS DIRECTOR

Stephen Weeden

Stephen.Weeden@onelifefitness.com

GROUP FITNESS DIRECTOR

Stephen Weeden

Stephen.Weeden@onelifefitness.com

GYM HOURS

Monday - Thursday 24 hours
Friday Midnight-10pm
Saturday - Sunday 7am-8pm

POOL HOURS

Monday - Thursday 5am-11pm
Friday 5am-10pm
Saturday - Sunday 7am-8pm

*Open Swim will close during scheduled classes

KIDS CLUB HOURS

Monday - Sunday 9am-1:30pm
Monday - Friday 3:30pm-8:30pm

**Be mindful of pool closures
due to scheduled classes.**



**SWIMFIT with Mitch in November will be
held on: Tuesday Nov 6th at 5:30pm and
Monday Nov 19th at 5:30pm**

**Contact the Aquatics Director Stephen Weeden
stephen.weeden@onelifefitness.com for more
information on class schedule.**

Ask us about a FREE one week pass