



# Fitness Schedules

Most offerings are cancelled or closed at this time.  
Updated: March 2022

## Online YOGA Classes 2022

To join the **TUESDAY MORNING @ 6AM** online class on ZOOM, register below:

<https://us02web.zoom.us/meeting/register/tZckdOyspzqiE9JnWwAwV6z3-wUZ2NTwukZM>

To join the **WEDNESDAY EVENING @ 530PM** online class on ZOOM, register below:

[https://us02web.zoom.us/meeting/register/tZctdOqrqzqpH9BI\\_m0manToxlfj-1Vd5VhV](https://us02web.zoom.us/meeting/register/tZctdOqrqzqpH9BI_m0manToxlfj-1Vd5VhV)

After registering, you will receive a confirmation email containing information about joining the meeting.

### WATER EXERCISE CLASS

- Tuesday & Thursday: 7:00 - 8:00 pm
- Class held at the Great Falls High Pool.
- Class is FREE to all GFPS faculty and staff. Public \$3/session.
- This is a great NO impact class. You don't even have to get your head wet!
- Have questions about class, contact **Bob Stingley 268-6281**.
- GFPS faculty and staff, email **Sharon Iszler (Central Reception; x6054)** to register.
- Pool may be closed on holidays and breaks

### OPEN SWIMMING

- Open and lap swimming at the Great Falls High Pool is **FREE** to all GFPS employees!
- Attendance fee for a non-employee adult is \$3 and a child is \$2 per visit.
- **Lap Swim:** Monday through Friday 6:00 am - 7:30 am
- **Family Open Swim:** Monday & Wednesday 7:30 pm - 8:45 pm
- To get a Pool Pass, fill-up [this Application Form](#) and submit the completed form to DOB Central Reception. For questions, email or call Sharon Iszler at 268-6054.
- Pool may be closed on holidays and breaks.

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### PARIS FITNESS CENTER - FREE! OPEN

Monday through Friday during the school year (Closed on holidays)

5:30 am -- 7:00 am

3:30 pm -- 9:00 pm

### PARIS OPEN GYM OPEN

Shoot hoops or run a few laps! Sign in at the Fitness Center.

Monday through Friday during the school year (Closed on holidays and for set up of events -- check availability)

5:30 am - 7:00 am