

Wellness Center at Niagara Falls High School
 Summer 2007 Recreation Schedule.
 Jason J. Murgia, Coordinator
 286-7925

Community Hours are:

6:00 PM-9:00 PM for Exercise Room and Walking Track

6:00 PM-7:30 PM for Family Swim and 7:30 PM-9:00 PM for Adult Swim

Pilates Classes - 6:00 PM & 8:00 PM – Beginners, 7:00 PM – Intermediate

| | Date | Pool | Pilates Room | Exercise Room | Walking Track |
|-----------|---------|------|--------------|---------------|---------------|
| Monday | 7/09/07 | OPEN | OPEN | OPEN | OPEN |
| Tuesday | 7/10/07 | OPEN | OPEN | OPEN | OPEN |
| Wednesday | 7/11/07 | OPEN | OPEN | OPEN | OPEN |
| Thursday | 7/12/07 | OPEN | CLOSED | OPEN | OPEN |
| Monday | 7/16/07 | OPEN | OPEN | OPEN | OPEN |
| Tuesday | 7/17/07 | OPEN | OPEN | OPEN | OPEN |
| Wednesday | 7/18/07 | OPEN | OPEN | OPEN | OPEN |
| Thursday | 7/19/07 | OPEN | CLOSED | OPEN | OPEN |
| Monday | 7/23/07 | OPEN | OPEN | OPEN | OPEN |
| Tuesday | 7/24/07 | OPEN | OPEN | OPEN | OPEN |
| Wednesday | 7/25/07 | OPEN | OPEN | OPEN | OPEN |
| Thursday | 7/26/07 | OPEN | CLOSED | OPEN | OPEN |
| Monday | 7/30/07 | OPEN | OPEN | OPEN | OPEN |
| Tuesday | 7/31/07 | OPEN | OPEN | OPEN | OPEN |
| Wednesday | 8/1/07 | OPEN | OPEN | OPEN | OPEN |
| Thursday | 8/2/07 | OPEN | CLOSED | OPEN | OPEN |
| Monday | 8/6/07 | OPEN | OPEN | OPEN | OPEN |
| Tuesday | 8/7/07 | OPEN | OPEN | OPEN | OPEN |
| Wednesday | 8/8/07 | OPEN | OPEN | OPEN | OPEN |
| Thursday | 8/9/07 | OPEN | CLOSED | OPEN | OPEN |