Roseville Health and Wellness Center

AQUA CLASS SCHEDULE

1650 Lead Hill Blvd.
Roseville, CA 95661
(916) 677-1200

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Closed	Closed
7am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
8:30am	**Senior/Aqua Fit** Kori 45min	**Deep Water** Heather 45min	Open Lanes	**Senior/Aqua Fit** Heather 45min	**Aqua Fit** Kori 45min	**Aqua Fit** Elaine 45min	Open Lanes
9:30am	PT Rehab	**Senior/Aqua Fit** Heather 45min	PT Rehab	**Senior/Aqua Fit** Heather 45min	PT Rehab	**Aqua Fit** Elaine 45min	Open Lanes
10:15am	PT Rehab	PT Rehab	PT Rehab	PT Rehab	PT Rehab	Open Lanes	Open Lanes
10:30am	PT Rehab	PT Rehab	PT Rehab	PT Rehab	PT Rehab	Open Lanes	Open Lanes
11am	PT Rehab	PT Rehab	PT Rehab	PT Rehab	PT Rehab	Family Swim	Family Swim
12:45pm	PT Rehab	**Arthritis Basic/Plus** Marie 45 min Arthritis Certified	PT Rehab	**Arthritis Basic/Plus** Marie 45 min Arthritis Certified	PT Rehab	Family Swim	Family Swim
1:45pm	**Joint Effort** Marie 45min	**Aqua Pilates** Marie 45min Arthritis Certified	**Joint Effort** Marie 45min	**Aqua Pilates** Marie 45min Arthritis Certified	Open Lanes	Family Swim	Family Swim
2pm					Open Lanes	Open Lanes	Open Lanes
2:30pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
3pm	Open Lanes	PT Rehab	Open Lanes	PT Rehab	Open Lanes	Open Lanes	Open Lanes
5pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
5:30pm	**Aqua Fit** Elaine 45min	**Aqua Fit & Moms in Motion** Deb 45min	**Aqua Fit** Deb 45min	**Aqua Fit & Moms in Motion** Deb 45min	Open Lanes	Closed	Closed
6:30pm	Open Lanes	**Deep Water Running** Deb 30min	Open Lanes	**Deep Water Running** Deb 30min	Open Lanes	Closed	Closed
9pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed