

AQUA CLASS SCHEDULE

*updated 9/10/2020

	Monday	Tuesday	Wednesday	Thursday	Friday
6am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
7am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
8:30am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
9:30am	PT Rehab	Open Lanes	PT Rehab	Open Lanes	PT Rehab
10:15am	PT Rehab	PT Rehab	PT Rehab	PT Rehab	PT Rehab
10:30am	PT Rehab	PT Rehab	PT Rehab	PT Rehab	PT Rehab
11am	PT Rehab	PT Rehab	PT Rehab	PT Rehab	PT Rehab
12:45pm	PT Rehab	Arthritis 45 min	PT Rehab	Arthritis 45 min	PT Rehab
1:45pm	Joint Effort 45 min	Aqua Pilates 45 min	Joint Effort 45 min	Aqua Pilates 45 min	Open Lanes
2:30pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
2:40pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
3pm	Open Lanes	PT Rehab	Open Lanes	PT Rehab	Open Lanes
5pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
5:30pm	Aqua-Fit min Elaine 45	Aqua-Fit min Deb 45	Open Lanes	Aqua-Fit min Deb 45	Open Lanes
6:30pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
8pm	Closed	Closed	Closed	Closed	Closed

*the GREATEST
 WEALTH
 is HEALTH.*



*fall in love
 with taking care
 of yourself -
 mind, body, and soul*