

Roseville Health and Wellness Center

*updated 3/1/2021

AQUA CLASS SCHEDULE

1650 Lead Hill Blvd.

Roseville, CA 95661

(916) 677-1200

	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	Aqua Fit / Marla	Aqua Fit / Marla	Aqua Fit / Marla	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 / Marla 45 min	PT Rehab	Arthritis / Marla 45 min	PT Rehab
1:45pm	Open Lanes	Open Lanes	Joint Effort/Marla 45 min	Open Lanes	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 / Elaine 45 min	Aqua Fit / Deb 45 min	Open Lanes	Aqua Fit / Deb 45 min	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*