

Aquatic Schedule

Roseville Health Wellness Center
 1650 Lead Hill Blvd Roseville CA 95661
 916-677-1200

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Closed
8:15am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Aqua Fit / Mark	Closed
8:30am	Open Lanes	Aqua Fit / Marla	Open Lanes	Aqua Fit / Marla	Open Lanes	Open at 8
9:30am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open
10:15am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open
10:30am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open
11am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open
12:45pm	Open Lanes	Arthritis/ Shelly 45 min	Open Lanes	Arthritis / Shelly 45 min	Open Lanes	Closed at Noon
1:45pm	Open Lanes	Open Lanes	Open Lanes	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	Open Lanes	Open Lanes		Open Lanes	
5pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	
5:30pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	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*

