


## Fitness Center Aquatic Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5am					
6:30am					
8am		8:00 Physical Therapy*	8:00 Physical Therapy*	8:00 Physical Therapy*	8:00 Physical Therapy*
9am	9:00 Club H <sub>2</sub> O Walk (60) Logan		9:00 Club H <sub>2</sub> O Walk (60) Myles		9:00 Club H <sub>2</sub> O Walk (60) Nicole
10am	10:30 Water Aerobics (60) Barbara	10:00 Aquatic Arthritis* Michael	10:30 Water Aerobics (60) Jameelah	10:00 Aquatic Arthritis* Nicole	10:30 Water Aerobics (60) Jameelah
11am		11:30 Water Aerobics (60) Jameelah	Swim Lessons 11:30 - 1:00 (Lane 4)	11:30 Water Aerobics (60) Lillie	Physical Therapy (half the pool) 11:25 - 12:10
12pm		12:00 Aquatic Arthritis* Alan Swim Lessons 12:00 - 6:30 (Lane 4)		12:00 Aquatic Arthritis* Alan Swim Lessons 12:00 - 1:00 (Lane 4)	
1pm	1:00 Spine Wellness* Michael	Physical Therapy* 1:00 - 3:15	1:00 Spine Wellness* Myles	<b>Pools Closed For Maintenance</b>	1:00 Spine Wellness* Alan Swim Lessons 11:15 - 6:30 (Lane 4)
2pm	Swim Lessons 2:00 - 6:30 (Lane 4) 2:30 Physical Therapy*		Swim Lessons 2:00 - 6:30 (Lane 4) 2:30 Physical Therapy*	2:15 Physical Therapy* Swim Lessons 2:00 - 6:30 (Lane 4)	Swim Lessons 1:45 - 6:00
4pm	Physical Therapy (half the pool) 4:05 - 5:35	Swim Lessons 4:00 - 5:30	Physical Therapy (half the pool) 4:05 - 5:35	Swim Lessons 4:00 - 5:30	
5pm		5:45 Aquatic Arthritis* Alex		5:45 Aquatic Arthritis* Marquese	
6pm	6:30 Water Aerobics (60) Sidney	6:30 Aqua Cardio Mix Alex	6:30 Water Aerobics (60) Isabelle	6:30 Aqua Cardio Mix Marquese	
7pm					
	Saturday	Sunday			<b>Color Key</b> Therapy Pool <span style="display: inline-block; width: 15px; height: 15px; background-color: yellow; border: 1px solid black; margin-left: 5px;"></span> Lap Pool <span style="display: inline-block; width: 15px; height: 15px; background-color: lightblue; border: 1px solid black; margin-left: 5px;"></span> Both Pools <span style="display: inline-block; width: 15px; height: 15px; background-color: lightgreen; border: 1px solid black; margin-left: 5px;"></span> *Requires medical clearance All classes 45 minutes unless otherwise noted
	Swim Lessons 9:00 - 2:00 10:15 Water Aerobics (60) Sidney Swim Lessons 11:30 - 2:00 (Lane 4)	Swim Lessons 12:00 - 4:30 (Lane 4)	<b>Last updated: 4/1/2024</b>		