


# 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*
9am	9:00 Club H <sub>2</sub> O Walk (60) Jessica	9:00 Arthritis Plus Clinton	9:00 Club H <sub>2</sub> O Walk (60) Jessica	9:00 Arthritis Plus Lauren	9:00 Club H <sub>2</sub> O Walk (60) Jessica
10am	10:30 Water Aerobics (60) Barbara	10:00 Aquatic Arthritis* Clinton	10:30 Water Aerobics (60) Beverly	10:00 Aquatic Arthritis* Jessica	10:30 Water Aerobics (60) Barbara
11am		11:30 Water Aerobics (60) Beverly	Swim Lessons 11:30 - 1:00 (Lane 4)	11:30 Water Aerobics (60) Beverly	
12pm		12:00 Aquatic Arthritis* Jessica Swim Lessons 12:00 - 6:30 (Lane 4)		12:00 Aquatic Arthritis* Jessica Swim Lessons 12:00 - 1:00 (Lane 4)	
1pm	1:00 Spine Wellness* Jessica		1:00 Spine Wellness* Clinton	<b>Pools Closed For Maintenance</b>	1:00 Spine Wellness* Jessica Swim Lessons 1:00 - 6:30
2pm	Swim Lessons 2:00 - 6:30 (Lane 4) 2:30 Physical Therapy*	2:15 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		Swim Lessons 4:00 - 5:30		Swim Lessons 4:00 - 5:30	
5pm		5:45 Aquatic Arthritis* Laura		5:45 Aquatic Arthritis* Aja	
6pm	6:30 Water Aerobics (60) Sidney	6:30 Aqua Cardio Mix Laura	6:30 Water Aerobics (60) Adrian	6:30 Aqua Cardio Mix Aja	
7pm					
	Saturday	Sunday			<b>Color Key</b> Therapy Pool <span style="display: inline-block; width: 15px; height: 15px; background-color: #FFD700; border: 1px solid black; margin-right: 5px;"></span> Lap Pool <span style="display: inline-block; width: 15px; height: 15px; background-color: #ADD8E6; border: 1px solid black; margin-right: 5px;"></span> Both Pools <span style="display: inline-block; width: 15px; height: 15px; background-color: #90EE90; border: 1px solid black; margin-right: 5px;"></span> *Requires medical clearance All classes 45 minutes unless otherwise noted
	Swim Lessons 9:00 - 2:00	Swim Lessons 12:00 - 4:30 (Lane 4)			
	10:15 Water Aerobics (60) Sidney Swim Lessons 11:30 - 2:00 (Lane 4)				

Last updated: 10/5/21