


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 ₂ O Walk (60) Taylor | | 9:00 Club H ₂ O Walk (60) Myles | | 9:00 Club H ₂ O Walk (60) Nicole |
| 10am | 10:30 Water Aerobics (60) Nicki | 10:00 Aquatic Arthritis* Taylor | 10:30 Water Aerobics (60) Jamal | 10:00 Aquatic Arthritis* Nicole | 10:30 Water Aerobics (60) Barbara |
| 11am | | 11:30 Water Aerobics (60) Jamal | Swim Lessons 11:30 - 1:00 (Lane 4) | 11:30 Water Aerobics (60) Jamal | 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* Nicole | Physical Therapy* 1:00 - 3:15 | 1:00 Spine Wellness* Myles | Pools Closed For Maintenance | 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) Jamal | 6:30 Aqua Cardio Mix Marquese | |
| 7pm | | | | | |
| | Saturday | Sunday |  | | Color Key Therapy Pool Lap Pool Both Pools *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) | Last updated: 12/5/23 | | |