

MONDAY

8:00-9:00 Pool-Supervised Swim (3 Lanes)
9:00-10:00 Pool-Supervised Swim (3 Lanes)
9:00-9:50 FC1&2-Strength & Balance C
10:00-10:45 FC1- Strength & Balance & Core D
10:00-11:00 FC2-3-Fit to Move
11:05-11:35 WCR-Strength & Balance A
11:30-12:15 FIT-Supervised Exercise*
1:00-1:45 POOL-Water Walking A/B
1:30-2:15 FC2&3-Strength & Balance B
2:00-2:45 POOL-Supervised Swim (3 Lanes)
2:30-3:15 FIT-Supervised Exercise*
3:00-6:00 POOL Closed for Cleaning

THURSDAY

7:30-8:10 FC3-Wake Up Yoga
7:30-9:00 POOL-Men's Swim Group
8:45-9:45 FC3-Gentle Yoga B
9:00-10:00 POOL-Supervised Swim (3 lanes)
10:00-11:00 POOL-Supervised Swim (2 lanes)
10:00-10:45 POOL-Aqua Fitness B/C
11:00-11:40 FC2 Chair Yoga B
11:45-12:15 FC3-Tai Chi
2:00-3:30 POOL-Supervised Swim (3 lanes)
3:30-4:00 WCR-Moving & Grooving

TUESDAY

7:30-8:10 FC3-Wake Up Yoga
7:30-9:00 POOL-Men's Swim Group
8:45-9:45 FC3-Gentle Yoga B
9:00-9:30 FC1- Dance Aerobics
9:00-10:00 POOL-Supervised Swim (3 lanes)
10:00-11:00 POOL-Supervised Swim (2 lanes)
10:00-10:45 POOL-Aqua Fitness B/C
11:00-11:40 FC2 Chair Yoga B
11:45-12:15 FC3-Tai Chi
2:00-3:30 POOL-Supervised Swim (3 lanes)
3:30-4:00 WCR-Moving & Grooving

FRIDAY

8:00-9:00 Pool-Supervised Swim (3 Lanes)
9:00-10:00 Pool-Supervised Swim (3 Lanes)
9:00-9:50 FC1&2-Strength & Balance C
10:00-10:45 FC1- Strength & Balance & Core D
10:00-11:00 FC2-3-Fit to Move
11:05-11:35 WCR-Strength & Balance A
11:30-12:15 FIT-Supervised Exercise*
1:15-1:45 POOL-Aqua Mobility
1:30-2:15 FC2&3-Strength & Balance B
2:15-3:15 POOL-Supervised Swim (3 Lanes)
2:30-3:15 FIT-Supervised Exercise*

WEDNESDAY

8:00-9:00 Pool-Supervised Swim (3 lanes)
9:00-10:00 Pool-Supervised Swim (3 Lanes)
10:00-11:00 Pool-Supervised Swim (2 Lanes)
9:00-9:50 FC1&2-Strength & Balance C
10:00-11:00 FC1-2-Fit to Move
10:00-10:30 POOL-Water Walking A/B
10:30-11:15 POOL-Aqua Fitness B/C
11:30-12:15 FIT-Supervised Exercise*
1:30-2:15 FC1&2-Strength & Balance B
2:00-3:30 POOL-Supervised Swim (3 Lanes)
2:30-3:15 FIT-Supervised Exercise*
3:30-4:00 WCR-Moving & Grooving

SATURDAY

7:30-9:00 POOL-Men's Swim Group

(*) Please call the Wellness Team in advance 804-438-4290