Fitness Center Pool Schedule

Monday

Time	Class	Pool	Instructor
9:00	Club H2O Walk*	Lap	Sharrell
10:00	AFAP*†	Therapy	Jasmin
10:30	H2O Aerobics*	Lap	Matt
11:00	AFAP*†	Therapy	Clinton
12:00	Oh Baby!® H2O Aerobics§	Lap	Tatum
12:00	AFAP*†	Therapy	Sharon
1:00	Fibromyalgia*†	Lap	Paige
1:00	Spine Wellness (30)†	Therapy	Jasmin
3:30-4:30	Family Swim	Lap	
5:45	AFAP*†	Therapy	Kelly
6:30	H2O Aerobics	Lap	Sidney

Tuesday

Time	Class	Pool	Instructor
8:45-9:30	Physical Therapy only	Therapy	
9:00	RAA Plus*†	Lap	Sharrell
9:15-10:00	Physical Therapy only	Therapy	
10:00	AFAP*†	Therapy	Sharon
11:30	H2O Aerobics*	Lap	Maxine
12:00	AFAP*†	Therapy	Sharon
2:00-2:45	Physical Therapy only	Therapy	
4:00-6:00	Private Swim Lessons§	Lap	
5:45	AFAP*†	Therapy	Hahns
7:00	Oh Baby!® H2O Aerobics§	Lap	Catherine

Wednesday

Time	Class	Pool	Instructor
9:00	Club H2O Walk*	Lap	Sharon
10:00	AFAP*†	Therapy	Avril
10:30	H2O Aerobics*	Lap	LaWanda
12:00	AFAP*†	Therapy	Jasmin
1:00	Fibromyalgia*†	Lap	Jasmin
1:00	Spine Wellness (30)†	Therapy	Clinton
3:30-4:30	Family Swim	Lap	
5:45	AFAP*†	Therapy	Lauren
6:30	H2O Aerobics	Lap	Melissa

Thursday

Time	Class	Pool	Instructor
8:45-9:30	Physical Therapy only	Therapy	
9:00	RAA Plus*†	Lap	Sharrell
9:15-10:00	Physical Therapy only	Therapy	
10:00	AFAP*†	Therapy	Jasmin
11:00	AFAP*†	Therapy	Sharon
11:30	H2O Aerobics*	Lap	Maxine
12:00	AFAP*†	Therapy	Clinton
1:00-2:00	**Pools Closed**	**Both**	
2:00-2:45	Physical Therapy only	Therapy	
4:00-6:00	Private Swim Lessons§	Lap	
5:45	AFAP*†	Therapy	Paige
6:00	Water Zumba*	Lap	Kim
7:00	Oh Baby!® H2O Aerobics§	Lap	Dawn

Friday

Time	Class	Pool	Instructor
9:00	Club H2O Walk*	Lap	Sharrell
10:30	H2O Aerobics*	Lap	Maxine
12:00	AFAP*†	Therapy	Paige
1:00-6:00	Private Swim Lessons§	Lap	
3:30-7:30	Family Swim	Lap	
5:45	AFAP*†	Therapy	Hahns
6:30	H2O Aerobics	Lap	Lisa

Saturday

Time	Class	Pool	Instructor
9:00-2:00	Group Swim Lessons§	Therapy	
9:00	RAA Plus*†	Lap	Kelly
10:15	H2O Aerobics	Lap	Sidney
1:00-4:30	Family Swim	Lap	

Sunday

Time	Class	Pool	Instructor
12:30-4:30	Group Swim Lessons§	Therapy	
2:00-4:30	Family Swim	Lap	

Please Note:

Schedules and classes subject to change

† Medical clearance required.

§ Requires registration and/or additional cost

* Denotes a 45 minute class.
All other classes 60 minutes.

Pools close 30 minutes prior to Fitness Center closing.

Last updated: 1/6/2015

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