

AQUATICS GROUP EXERCISE CLASS SCHEDULE - AUGUST 2024

Monday				Tuesday				Wednesday			
7:00am	Pure Core Aqua	Dana	TP	7:00am	WaterFit	Dana	TP	7:00am	Pure Core Aqua	Robin	TP
8:00am	Morning Waves	Robin	TP	8:00am	Aqua Zumba	Kim	TP	8:00am	Morning Waves	Robin	TP
9:00am	Arthriticize	Cathy	TP	12:30-4:30	CLOSED - P. Therapy	PT Staff	TP	9:00am	Arthriticise	Cathy	TP
9:00am	H2O Jog - Strong	Dana	CP					9:45am	Stable, Strong, & Stretch	Cathy	TP
9:45am	Stable, Strong, & Stretch	Cathy	TP					9:00am	H2O Jog - Strong	Robin	CP
10:45am	Aqua Cardio Crazy	Audrey	TP					10:45am	Aqua Cardio Crazy	Audrey	TP
11:45am	Aqua Cardio Intensity	Audrey	TP					11:45am	Aqua Cardio Intensity	Audrey	TP
5:30pm	Evening Waves	Robin	TP								
Thursday				Friday				Saturday			
7:00am	WaterFit	Dana	TP	8:00am	Aqua Zumba	Kim	TP	<div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center; margin: 0;"><u>IMPORTANT INFORMATION</u></p> <p style="text-align: center; margin: 5px 0 0 0;">It is STRONGLY recommended that you signup on the member portal or online to reserve your space in class.</p> <p style="text-align: center; margin: 5px 0 0 0;">Please do not enter the pool until it is time for your class.</p> <p style="text-align: center; margin: 5px 0 0 0;">If you are in the pool at class time, you must be involved taking the class. No open exercise during class times.</p> </div>			
8:00am	Morning Waves	Robin	TP								
9:00am	Arthriticise	Cathy	TP								
9:45am	Stable, Strong, & Stretch	Cathy	TP								
12:30-4:30	CLOSED - P. Therapy	PT Staff	TP								
5:30pm	Evening Waves	Robin	TP								

Class Location Key
 [TP]- Therapy Pool
 [CP]- Competition Pool

Fitness Center Hours of Operation
 Monday - Thursday: 5 a.m. - 10 p.m.
 Friday: 5 a.m. - 8 p.m.
 Saturday: 7 a.m. - 7 p.m.
 Sunday: Noon - 7 p.m.

*Please adhere to Healthpark dress code for class.
 * Most classes are 40-60 minutes.

