

## AQUATICS GROUP EXERCISE CLASS SCHEDULE - MAY 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	8:30am	Parent/Tot Swim Lessons	Swim Inst.	TP
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								

**IMPORTANT INFORMATION**

**It is STRONGLY recommended that you sign up on the Healthpark App or online to reserve your space in class.**

**Please do not enter the pool until it is time for your class.**

**If you are in the pool at class time, you must be involved taking the class. No open exercise during class times.**

**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.

