

## AQUATICS GROUP EXERCISE CLASS SCHEDULE - APRIL 2025

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	9:00am	Aqua Flow	Jan	TP	9:00am	Arthriticise	Cathy	TP
9:00am	H2O Jog - Strong	Dana	CP	12:30-4:30 CLOSED - P. Therapy PT Staff TP				9:45am	Stable, Strong, & Stretc	Cathy	TP
9:45am	Stable, Strong, & Stretc	Cathy	TP					9:00am	H2O Jog - Strong	Robin	CP
10:45am	Aqua Cardio Crazy	Audrey	TP					10:45am	Aqua Cardio Crazy	Audrey	TP
11:30am	Aqua Cardio Intensity	Audrey	TP					11:30am	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;"> <p style="text-align: center;"><b><u>IMPORTANT INFORMATION</u></b></p> <p>It is <b>STRONGLY</b> recommended that you <b>signup on the member portal or online to reserve your space in class.</b></p> <p><b>Please do not enter the pool until it is time for your class.</b></p> <p>If you are in the pool at class time, you must be involved taking the class. <b>No open exercise during class times.</b></p> </div>			
8:00am	Morning Waves	Robin	TP								
9:00am	Arthriticise	Cathy	TP								
9:45am	Stable, Strong, & Stretc	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

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

**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.

