











Temporarily Adjusted Schedule from Aug 31- Sep 25

LAND CLASSES	 Cycling Revolution	 Power Hour	 30 Minute Abs	 Chair & Balance	 Beyond the Chair	 LocoMotion
Monday	4pm-5pm	12:30pm-1pm				
Tuesday				9:15am -9:45am	10:00am-10:30am	10:45am-11:15am
Wednesday			12:30pm-1pm			
Thursday		12:30pm-1pm		9:15am -9:45am	10:00am-10:30am	10:45am-11:15am
Friday						
Saturday						

 Land Hours 						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7am-6pm	7am-6pm	7am-6pm	7am-6pm	7am-6pm	Closed	

 Pool Schedule 					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am - 9:00am Lap swim & Solo aquatics	7:00am - 8:30am Lap swim & Solo aquatics	7:00am - 9:00am Lap swim & Solo aquatics	7:00am - 8:30am Lap swim & Solo aquatics	7:00am - 9:00am Lap swim & Solo aquatics	Closed
9:00am -9:45am Morning Water Aerobics	8:30am-1200pm Physical Therapy (Wellness Closed)	9:00am -9:45am Morning Water Aerobics	8:30am-1200pm Physical Therapy (Wellness Closed)	9:00am -9:45am Morning Water Aerobics	
10:00am-10:45am Arthritis Class*		10:00am-10:45am Arthritis Class*		10:00am-10:45am Arthritis Class*	
11:00am-11:45am Arthritis Class*		11:00am-11:45am Arthritis Class*		11:00am-11:45am Arthritis Class*	
12:00pm-12:45pm Afternoon Water Aerobics	Closed	12:00pm-12:45pm Afternoon Water Aerobics	Closed	12:00pm-12:45pm Afternoon Water Aerobics	
1:00pm-1:45pm Afternoon Water Aerobics		1:00pm-1:45pm Afternoon Water Aerobics		1:00pm-1:45pm Afternoon Water Aerobics	
2:00pm-2:45pm Water Walking	2:00pm-5:45pm Physical Therapy (Wellness Closed)	2:00pm-2:45pm Water Walking	2:00pm-5:45pm Physical Therapy (Wellness Closed)	2:00pm-2:45pm Water Walking	
3:00pm - 5:45pm Lap swim & Solo aquatics		3:00pm - 5:45pm Lap swim & Solo aquatics		3:00pm - 5:45pm Lap swim & Solo aquatics	
5:45pm- 6:30pm Evening Water Aerobics Class	5:45pm - 6:30pm Lap swim & Solo aquatics	5:45pm- 6:30pm Evening Water Aerobics Class	5:45pm - 6:30pm Lap swim & Solo aquatics	5:45pm- 6:30pm Evening Water Aerobics Class	

*Arthritis Class reserved for those physically unable to participate in other aquatic classes.

COVID-19 GUIDELINES: (1) ALL MEMBERS MUST ENTER THROUGH FRONT ENTRANCE FOR SCREENING. (2) ADJUSTED WELLNESS HOURS & CLASSES: The wellness hours and classes vary as we are taking a measured approach regarding safe access to the facility. (3) LOCKER ROOM restricted to restroom use only. Come ready to get in the pool. Bring a robe/towel so you can shower at home. (4) EARLY ARRIVAL ENCOURAGED: Due to the screening process, we recommend arriving for classes 15 minutes prior to class. (5) MAINTAIN DISTANCE: Maintain a 6 foot distance from others. (6) FACE COVERINGS REQUIRED IN THE WAITING AREA. You may wear a face covering (mask, Cantrell Hoo-rag, scarf, etc.) for extra protection, though not required during exercise. (7) SANITIZE- As always, sanitize the equipment used with the disinfectant and towels provided in the gym before & after use.