







**Wellness Schedule (Updated 11/16/20)**

The Cantrell Wellness Center has been sending updates on the Wellness hours every 2-4 weeks. At this time, unless we receive updated recommendations from the CDC or state and local government, *the following schedule will remain in effect*. Cantrell Wellness facilities will be closed from time to time, including, but not limited to: holidays, inclement weather, repairs, and maintenance purposes. Please visit [www.cantrellcenter.com/contact](http://www.cantrellcenter.com/contact) for upcoming closures.

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	8am-12pm

 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-12:00pm Physical Therapy (Wellness Closed)	9:00am -9:45am Morning Water Aerobics	8:30am-12:00pm Physical Therapy (Wellness Closed)	9:00am -9:45am Morning Water Aerobics	8:00am - 10:00am Lap swim & Solo aquatics
10:00am-10:45am Arthritis Class*		10:00am-10:45am Arthritis Class*		10:00am-10:45am Arthritis Class*	10:00am-11:00am Morning Water Aerobics
11:00am-11:45am Arthritis Class*		11:00am-11:45am Arthritis Class*		11:00am-11:45am Arthritis Class*	11:00am -12:00pm Lap swim & Solo aquatics
12:00pm-12:45pm Afternoon Water Aerobics	Closed	12:00pm-12:45pm Afternoon Water Aerobics	Closed	12:00pm-12:45pm Afternoon Water Aerobics	Closed
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) EARLY ARRIVAL: Due to opening procedures, screening will begin at 7 AM M-F and 8 AM on Saturday. Otherwise, members should arrive 5 to 10 minutes early (no more than 15 minutes early for a class to limit prolonged gathering in the waiting room). (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) MAINTAIN DISTANCE: Maintain a 6 foot distance from others. (5) 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.