

GROUP EXERCISE ACTIVITY POOL SCHEDULE

JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30am AQUATICIZE Activity - Kathy	9:15-10:15am AQUATICIZE Activity - Laurie	8:30-9:30am AQUATICIZE Activity - Kathy	9:00-9:45am AQUA ALLEGRO Activity – Jill	8:15-9:15am AQUA ZUMBA Activity - Monica	9:00-10:00am AQUATICIZE Activity - Rotation	4:15-6:45pm \$ EMAC SWIM LESSONS Activity Pool
10:00-11:00am AQUATICIZE Activity - Kathy	7:15-8:15pm \$ AQUA NEW Activity - LVH registration	10:00-11:00am AQUATICIZE Activity - Lauren	5:30-6:30pm AQUATICIZE Activity - Diane	10:00-11:00am AQUATICIZE Activity - Laura		
4:30-6:30pm \$ EMAC SWIM LESSONS Therapy & Activity Pools		4:30-6:30pm \$ EMAC SWIM LESSONS Therapy & Activity Pools				
6:45-7:45pm AQUATICIZE Activity - Todd		6:45-7:45pm AQUA ZUMBA Activity - Jessica				\$ Paid class – Pre-registration is required

GROUP EXERCISE THERAPY POOL SCHEDULE

JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:30-2:30pm \$ AQUA THERAPY Therapy - Check in 2 nd floor	8:30-9:30am \$ AQUA THERAPY Therapy - Check in 2 nd floor	9:30-10:30am AQUA ARTHRITIS Therapy - Kathy	10:00-11:00pm \$ AQUA THERAPY Therapy - Check in 2 nd floor	10:45-11:45am AQUA ARTHRITIS Therapy - Kathy	10:00-11:00am \$ EMAC SWIM LESSONS Therapy	8:30-11:15am on June 24 \$ STAND UP PADDLEBOARD Therapy - Register at Front Desk
	**10:15-11:00am AQUA ADAGIO (starts 6/19) Therapy - Sahar	11:00am-12:00pm \$ AQUA THERAPY Therapy - Check in 2 nd floor	11:00am-12:00pm PI-YO-CHI Therapy - Laura			4:00-4:30pm \$ EMAC SWIM LESSONS Therapy
	1:00-2:00pm \$ AQUA THERAPY Therapy - Check in 2 nd floor	1:30-2:30pm \$ AQUA THERAPY Therapy - Check in 2 nd floor	1:00-2:00pm \$ AQUA THERAPY Therapy - Check in 2 nd floor			6:00-6:30pm \$ EMAC SWIM LESSONS Therapy
	6:30-7:00pm \$ EMAC SWIM LESSONS Therapy				** New Class	\$ Paid class – Pre-registration is required

* Summer Modified Schedule June – August 2018