

## GROUP EXERCISE ACTIVITY POOL SCHEDULE

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30am <b>AQUATICIZE</b> Kathy	8:00-8:30am <b>WATER WALKING</b> Joanne	6:30-7:30am <b>\$ HYDROTONE</b> Bryan (register at front desk)	8:30-9:30am <b>S'WET</b> Jill	8:15-9:15am <b>AQUA ZUMBA</b> Monica	9:00-10:00am <b>AQUATICIZE</b> Rotation	2:00-7:00pm <b>\$ EMAC SWIM LESSONS</b> Activity Pool
10:00-11:00am <b>AQUATICIZE</b> * Joanne	8:30-9:30am <b>AQUATICIZE</b> Joanne	8:30-9:30am <b>AQUATICIZE</b> Kathy	10:00-11:00am <b>\$ EMAC SWIM LESSONS</b> Activity Pool	10:00-11:00am <b>S'WET</b> Jill	10:00-1:00pm <b>\$ EMAC SWIM LESSONS</b> Activity Pool	
4:00-6:30pm <b>\$ EMAC SWIM LESSONS</b> Therapy & Activity Pools	4:45-5:45pm <b>AQUATICIZE</b> Kathy	10:00-11:00am <b>AQUATICIZE</b> Lauren	4:00-5:30pm <b>\$ EMAC SWIM LESSONS</b> Activity Pool	1:00-3:00pm <b>\$ EMAC SWIM LESSONS</b> Activity Pool	4:00-6:00pm <b>\$ EMAC SWIM LESSONS</b> Activity Pool	
6:45-7:45pm <b>AQUATICIZE</b> Todd	7:15-8:15pm <b>\$ AQUA NEW</b> LVH registration	4:00-6:30pm <b>\$ EMAC SWIM LESSONS</b> Activity Pool	5:30-6:30pm <b>AQUATICIZE</b> Diane	5:00-7:00pm <b>\$ EMAC SWIM LESSONS</b> Activity Pool		<b>\$ Paid class – Pre-registration is required</b>
		6:45-7:45pm <b>AQUA ZUMBA</b> Jessica				<b>* Class time change</b> <b>** Instructor change</b>

## GROUP EXERCISE THERAPY POOL SCHEDULE

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
* 9:30-10:30am <b>AQUA PI-YO-CHI</b> ** Kathy	8:30-9:30am <b>\$ AQUA THERAPY</b> Check in 2 <sup>nd</sup> floor	9:30-10:30am <b>AQUA ARTHRITIS</b> Kathy	10:00-11:00pm <b>\$ AQUA THERAPY</b> Check in 2 <sup>nd</sup> floor	10:45-11:45am <b>AQUA ARTHRITIS</b> Kathy	9:00-11:00am <b>\$ EMAC SWIM LESSONS</b> Therapy Pool	10:00-11:00am <b>\$ EMAC SWIM LESSONS</b> Therapy Pool
1:30-2:30pm <b>\$ AQUA THERAPY</b> Check in 2 <sup>nd</sup> floor	9:30-10:30am <b>AQUA PI-YO-CHI</b> Laura	11:00am-12:00pm <b>\$ AQUA THERAPY</b> Check in 2 <sup>nd</sup> floor	11:00am-11:45am <b>AQUA ADAGIO</b> Sahar			2:00-7:00pm <b>\$ EMAC SWIM LESSONS</b> Therapy Pool
4:00-6:30pm <b>\$ EMAC SWIM LESSONS</b> Therapy	11:00am-1:00pm <b>\$ EMAC SWIM LESSONS</b> Therapy Pool	1:30-2:30pm <b>\$ AQUA THERAPY</b> Check in 2 <sup>nd</sup> floor	1:00-2:00pm <b>\$ AQUA THERAPY</b> Therapy - Check in 2 <sup>nd</sup> floor			
	1:00-2:00pm <b>\$ AQUA THERAPY</b> Check in 2 <sup>nd</sup> floor	7:00-8:00pm <b>\$ EMAC SWIM LESSONS</b> Therapy Pool				<b>\$ Paid class – Pre-registration is required</b>
	4:00-6:00pm <b>\$ EMAC SWIM LESSONS</b> Therapy Pool					