

## GROUP EXERCISE ACTIVITY POOL SCHEDULE

JANUARY 2019

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	4:15-6:45pm <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>* WATER WALKING &amp; CORE</b> Lynn Y	10:00-11:00am <b>S'WET</b> Jill		
4:30-6:30pm <b>\$ EMAC SWIM LESSONS</b> Therapy & Activity Pools	4:45-5:45pm <b>AQUATICIZE</b> Kathy	10:00-11:00am <b>AQUATICIZE</b> Lauren	5:30-6:30pm <b>AQUATICIZE</b> Diane			
6:45-7:45pm <b>AQUATICIZE</b> Todd	7:15-8:15pm <b>\$ AQUA NEW</b> LVH registration	4:30-6:30pm <b>\$ EMAC SWIM LESSONS</b> Therapy & Activity Pools				<b>\$ Paid class – Pre-registration is required</b>
		6:45-7:45pm <b>AQUA ZUMBA</b> Jessica				<b>* New Class</b> <b>** Instructor change</b>

## GROUP EXERCISE THERAPY POOL SCHEDULE

JANUARY 2019

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	10:00-11:00am <b>\$ EMAC SWIM LESSONS</b> Therapy Pool	4:00-4:30pm <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	1:00-2:00pm <b>\$ AQUA THERAPY</b> Therapy - Check in 2 <sup>nd</sup> floor			6:00-6:30pm <b>\$ EMAC SWIM LESSONS</b> Therapy Pool
4:30-6:30pm <b>\$ EMAC SWIM LESSONS</b> Therapy & Activity Pools	1:00-2:00pm <b>\$ AQUA THERAPY</b> Check in 2 <sup>nd</sup> floor	1:30-2:30pm <b>\$ AQUA THERAPY</b> Check in 2 <sup>nd</sup> floor				
	4:30-6:00pm <b>\$ EMAC SWIM LESSONS</b> Therapy Pool					<b>\$ Paid class – Pre-registration is required</b>