

GROUP EXERCISE ACTIVITY POOL SCHEDULE

APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30am AQUATICIZE Kathy	8:30-9:30am AQUATICIZE Joanne	8:30-9:30am AQUATICIZE Kathy	8:30-9:30am S'WET Jill	8:15-9:15am AQUA ZUMBA Monica	9:00-10:00am AQUATICIZE Rotation	2:00-7:00pm ***
10:00-11:00am AQUATICIZE Joanne	4:45-5:45pm AQUATICIZE Kathy	10:00-11:00am AQUATICIZE Lauren	10:00-11:00am ***	10:00-11:00am S'WET Jill	10:00am-1:00pm ***	4:15-6:45pm \$ EMAC SWIM LESSONS Activity Pool
4:00-6:30pm \$ EMAC SWIM LESSONS Therapy & Activity Pools ***	7:15-8:15pm \$ AQUA NEW LVH registration	4:00-6:30pm \$ EMAC SWIM LESSONS Therapy & Activity Pools ***	5:30-6:30pm AQUATICIZE Diane	1:00-3:00pm ***	4:00-6:00pm ***	* New Class ** Instructor change *** New Time
6:45-7:45pm AQUATICIZE Todd		6:45-7:45pm AQUA ZUMBA Jessica		5:00-7:00pm ***		\$ Paid class – Pre-registration is required

GROUP EXERCISE THERAPY POOL SCHEDULE

APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30am AQUA PI-YO-CHI Kathy	8:30-9:30am \$ AQUA THERAPY Check in 2 nd floor	9:30-10:30am AQUA ARTHRITIS Kathy	10:00-11:00am \$ AQUA THERAPY Check in 2 nd floor	10:45-11:45am AQUA ARTHRITIS Kathy	10:00-11:00am \$ EMAC SWIM LESSONS Therapy Pool ***	10:00-11:00am ***
1:30-2:30pm \$ AQUA THERAPY Check in 2 nd floor	9:30-10:30am AQUA PI-YO-CHI Laura	11:00am-12:00pm \$ AQUA THERAPY Check in 2 nd floor	11:00-11:45am AQUA ADAGIO Sahar (no class 4/25)			2:00-7:00pm ***
4:30-6:30pm \$ EMAC SWIM LESSONS Therapy & Activity Pools ***	11:00am-1:00pm ***	1:30-2:30pm \$ AQUA THERAPY Check in 2 nd floor	1:00-2:00pm \$ AQUA THERAPY Therapy - Check in 2 nd floor			4:00-4:30pm \$ EMAC SWIM LESSONS Therapy Pool
	1:00-2:00pm \$ AQUA THERAPY Check in 2 nd floor	7:00-8:00pm ***				6:00-6:30pm \$ EMAC SWIM LESSONS Therapy Pool
	4:30-6:00pm \$ EMAC SWIM LESSONS Therapy Pool					\$ Paid class – Pre-registration is required

* Please check our website <https://www.sfpremierhw.com> for schedule changes.

*** Private/Semi-Private swim lessons are scheduled. Instructors will be as accommodating as possible. We appreciate your understanding.