

GROUP EXERCISE ACTIVITY POOL SCHEDULE

JUNE 2019

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

GROUP EXERCISE THERAPY POOL SCHEDULE

JUNE 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	10:00-11:30am \$ EMAC SWIM LESSONS Therapy Pool ***	10:00-11:00am ***
1:30-2:30pm \$ AQUA THERAPY Check in 2 nd floor	11:00am-1:00pm ***	11:00am-12:00pm \$ AQUA THERAPY Check in 2 nd floor	11:00-11:45am AQUA ADAGIO Sahar	2:00-7:00pm ***	11:30am-4:30pm ***	2:00-7:00pm ***
4:00-7:00pm \$ EMAC SWIM LESSONS Therapy & Activity Pools ***	1:00-2:00pm \$ AQUA THERAPY Check in 2 nd floor	1:30-2:30pm \$ AQUA THERAPY Check in 2 nd floor	1:00-2:00pm \$ AQUA THERAPY Therapy - Check in 2 nd floor			4:00-5:00pm \$ EMAC SWIM LESSONS Therapy Pool
			3:30-4:00pm ***			\$ 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.