



AQUATIC GROUP FITNESS SCHEDULE

WARM WATER POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM							
7AM		Jammin' Jaime 6:30AM - 7:30 AM		Jammin' Jaime 6:30AM - 7:30 AM			
8AM							
9AM	Physical Therapy 8:45AM - 9:45 AM		Physical Therapy 8:45AM - 9:45 AM		Physical Therapy 8:45AM - 9:45 AM	Aquacise Drew 8:30 AM - 9:30 AM	
10AM	Aqua Zumba Hilary 10:00 AM - 10:45 AM		Aqua Fit Marisa 10:00 AM - 11:00 AM		Aqua Zumba Hilary 10:00 AM - 10:45 AM		
11AM	Physical Therapy 11:00 AM - 12:00 PM		Physical Therapy 11:00 AM - 12:00 PM		Physical Therapy 11:00 AM - 12:00 PM		
12PM							
1PM							
2PM	Physical Therapy 2:00 PM - 3:00PM		Physical Therapy 1:00 AM - 3:00PM		Physical Therapy 1:00 PM - 3:00PM		
3PM							
4PM	Physical Therapy 4:00 PM - 5:00PM		Physical Therapy 4:00 AM - 5:00PM				
5PM		Splash! 5:30 PM – 6:30 PM					
6PM							
7PM				Aqua Zumba Mark 6:00 PM - 7:00 PM			

MAY

Aquatics classes are limited to vaccinated patrons only. You may book classes online in advance through the Empower ME section of the website. When Physical Therapy is in session maximum occupancy of the warm water pool is limited to 6.