



AQUATIC GROUP FITNESS

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 | | | |

JUNE

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.