



Aquatic Exercise Schedule

Swim or attend a minimum of two classes per week for improved health and fitness.

The pool and whirlpool are closed for use during Aquatic Therapy and Aquatics classes.

No lifeguard on duty.

Swim at your own risk.

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>Aqua Blue For participants who perform moderate to vigorous activity regularly.</p>	<p>Open Swim 5:00am–9:00am</p>	<p>Open Swim 5:00am–Midnight</p>	<p>Open Swim 5:00am–9:00am</p>	<p>Open Swim 5:00am–Midnight</p>	<p>Open Swim 5:00am–9:00am</p>
<p>Aqua Green For participants who lead an active life most of the time.</p>	<p>Aqua Blue 9:15am–10:00am</p>		<p>Aqua Blue 9:15am–10:00am</p>		<p>Aqua Blue 9:15am–10:00am</p>
<p>Aqua Yellow For participants who need a gentle class due to mobility limitations</p>	<p>Aqua Green 10:15am–11:00am</p>		<p>Aqua Green 10:15am–11:00am</p>		<p>Aqua Green 10:15am–11:00am</p>
<p>Questions? Please call:</p>	<p>Aqua Yellow 11:15am–12:00pm</p>		<p>Aqua Yellow 11:15am–12:00pm</p>		<p>Aqua Yellow 11:15am–12:00pm</p>
<p>Tyler McCauley Wellness Director–4371</p>	<p>Open Swim Noon–Midnight</p>		<p>Open Swim Noon–Midnight</p>		<p>Open Swim Noon–Midnight</p>
<p>Pam Grant Assistant Wellness Director–4339</p>					

All classes focus on strength, balance, and flexibility. Attend 2-3 times/week.