



LPC FITNESS & AQUATICS
A Ministry of FAI

Aquatics Schedule

THERAPY POOL

2023
November

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | |
|----------|----------------------------|--|------------------------------------|--------------------------------------|------------------------------------|---------------------------------------|--|
| 5:00 AM | Closed | | | | | | |
| 5:15 AM | | | | | | | |
| 5:30 AM | | | | | | | |
| 5:45 AM | | | | | | | |
| 6:00 AM | | Adult Only Time In Therapy Pool 5:00am - 1:00pm Monday - Friday | | | | | |
| 6:15 AM | | | | | | | |
| 6:30 AM | | | | | | | |
| 6:45 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 7:15 AM | | | | | | | |
| 7:30 AM | | | | | | | |
| 7:45 AM | | | | | | | |
| 8:00 AM | | | | | | | |
| 8:15 AM | | | | | | | |
| 8:30 AM | | | | | | | |
| 8:45 AM | | | | | | | |
| 9:00 AM | | Aqua-Zumba w/Velvet 8:40-9:40 | | Aqua-Tabata w/Velvet 8:40-9:40 | | | |
| 9:15 AM | S U N D A Y | | | | | | |
| 9:30 AM | | | | | | | |
| 9:45 AM | | | | | | | |
| 10:00 AM | | | | | | Aqua-Zumba w/Velvet 10:00-11:00 | |
| 10:15 AM | | Adult Only Time In Therapy Pool 5:00am - 1:00pm Monday - Friday | | | | | |
| 10:30 AM | | | | | | | |
| 10:45 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 11:15 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 11:45 AM | | | | | | | |
| 12:00 PM | | | | | | | |
| 12:15 PM | | | | | | | |
| 12:30 PM | | | | | | | |
| 12:45 PM | | | | | | | |
| 1:00 PM | O P E N | | | | | | |
| 1:15 PM | | | | | | | |
| 1:30 PM | | | | | | | |
| 1:45 PM | | | | | | | |
| 2:00 PM | |  <p><i>Holiday Hours</i> Wednesday, November 22: 5am-5pm Thursday, November 23: Closed Friday, November 24: Closed</p> <p><i>Class Cancellations</i> Wednesday, November 22: Aqua~Zumba @ 8:40am Muscle Pump @ 5:15pm</p> | | | | | |
| 2:15 PM | | | | | | | |
| 2:30 PM | | | | | | | |
| 2:45 PM | | | | | | | |
| 3:00 PM | | | | | | | |
| 3:15 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 3:45 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 4:15 PM | | | | | | | |
| 4:30 PM | | | | | | | |
| 4:45 PM | | | | | | | |
| 5:00 PM | | | | | | | |
| 5:15 PM | | | | | | | |
| 5:30 PM | | | | | | | |
| 5:45 PM | | | | | | | |
| 6:00 PM | S W I M | | | | | | |
| 6:15 PM | | | | | | | |
| 6:30 PM | | | | | | | |
| 6:45 PM | | | Cardio-Water w/Tim 6:30-7:30 | | Cardio-Water w/Tim 6:30-7:30 | | |
| 7:00 PM | | | | | | | |
| 7:15 PM | | | | | | | |
| 7:30 PM | | | | | | | |
| 7:45 PM | | | | | | | |
| 8:00 PM | | | | | | | |
| 8:15 PM | | | | | | | |
| 8:30 PM | | | | | | | |
| 8:45 PM | | | | | | | |

Please Note:

THERAPY POOL RULES

This pool is for therapy, general exercise and LPC guided swim lessons. Reserved for participants ages 18 and older. Children 7 years and younger only - must be accompanied by an adult in the water.

Adult Only Swim
5am-1pm M-F

Aqua-Zumba

Move to fun music with a low-impact, high energy exercise blending dance moves in the water to create natural resistance. Results in less impact on your joints. Core toning combined with muscle strengthening exercises help you have a fun total-body routine.

Aqua Tabata

is an interval class with 20 seconds of intense exercise and 10 seconds of rest done in shallow water.

Thank you, for keeping a close watch over your children.

No Cellphone Zone.

Pool Deck Cleaning (Pool Open)
1-4pm FRIDAYS
pressure washer in use on pool deck

Closed

Pool Hours of Operations

Sun 9am-5:45 pm
Mon-Thurs 5am-8:45 pm
Fri 5am-3:45 pm
Sat CLOSED