



**LPC FITNESS & AQUATICS**  
A Ministry of FAI

# AQUATICS SCHEDULE

## THERAPY POOL

2024  
JULY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed					
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
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	SUNDAY OPEN SWIM	Aqua-Zumba w/Velvet 8:40-9:40		Aqua-Tabata w/Velvet 8:40-9:40		
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM						Aqua-Zumba w/Velvet 10:00-11:00
10:15 AM						
10:30 AM						
10:45 AM						
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7:00 PM	Closed		Cardio-Water w/Dee 6:30-7:30		Cardio-Water w/Dee 6:30-7:30	
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**

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

**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 Hours of Operations**

Sun 9am-5:45 pm

Mon-Thurs 5am-8:45 pm

Fri 5am-3:45 pm

Sat CLOSED