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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday		
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8:15 AM			and the same of th		•			e Note:
8:30 AM 8:45 AM				_			THERAPY P	OOL RULES
9:00 AM		Aqua-Zumba		Aqua-Tabata			This pool is	for therapy,
9:15 AM		w/Velvet		w/Velvet			general exe	rcise and LPC
9:30 AM		8:40-9:40		8:40-9:40				im lessons.
9:45 AM							_	
10:00 AM						Agua Zumba		r participants
10:15 AM					.et	Aqua-Zumba	ages 18 a	and older.
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11:15 AM		********	ı. İn '	Therany Pool	arrereret de		accompar	nied by an

In Therapy Pool

5:00am - 1:00pm

Monday - Friday

Cardio-Water

w/Dee

6:30-7:30

Adult Only Swim 5am-1pm M-F

adult in the water.

Aqua-Zumba

Move to fun music with a lowimpact, 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

Closed

Cardio-Water

w/Dee

6:30-7:30

Pool Deck

Cleaning

(Pool Open)

1:00pm -

3:45pm

FRIDAYS

*pressure

washer in use