





McDowell Wellness
Center
A service of Ephraim McDowell Health

AQUATIC FITNESS SCHEDULE 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00AM -7:30PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
7:00-9:00AM	Therapy	Therapy	Therapy	Therapy	Therapy	
9:00 - 10:00 AM	AQUA DANCE WITH ANN	AQUA TABATA WITH KARLA	DEEP H2O WITH JENNIE	AQUA TABATA WITH REBECCA		
9:30-10:15AM					AQUA DANCE WITH ANN	
10:00 - 11:00 AM	AQUA SURPRISE WITH KARLA	AQUA ARTHIS WITH GINGER	AQUA SURPRISE WITH KARLA	AQUA ARTHIS WITH GINGER		
10:15-11:00AM					AQUA SURPRISE WITH KARLA	
11:00AM-12:00PM	AQUA ARTHRITIS WITH GINGER		AQUA ARTHRITIS WITH GINGER		AQUA ARTHRITIS WITH GINGER	
12:00 - 3:00 PM	Therapy	Therapy	Therapy	Therapy	Therapy	
3:00-7:45PM	FAMILY SWIM TIME					
5:30PM-6:30PM		AQUA ARTHRITIS SHALLAW & DEEP WATER WITH ART & GINGER		AQUA ARTHRITIS SHALLAW & DEEP WATER WITH ART & GINGER		REVISED ON 8/4/22

* Indicates an additional fee is required to participate in the class.

♦ Lap lane availability may vary due to special events. ♦ Family swim subject to availability other than time scheduled.

♦ Private swim lessons available at various times throughout the year.