









McDowell Wellness  
Center  
A service of Ephraim McDowell Health

# AQUATIC FITNESS SCHEDULE 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00AM - 7:30PM	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	
7:00-9:00AM	<b>Therapy</b>	<b>Therapy</b>	<b>Therapy</b>	<b>Therapy</b>	<b>Therapy</b>	
9:00 - 10:00 AM	<i>AQUA MIX WITH ANN</i>	AQUA MIX WITH REBECCA	DEEP H2O WITH JENNIE	AQUA TABATA WITH KARLA		
9:30-10:15AM					AQUA MIX WITH ANN	
10:00 - 11:00 AM	AQUA SURPRISE WITH KARLA	Senior Splash WITH BUD	AQUA SURPRISE WITH KARLA	Senior Splash WITH BUD		
10:15-11:00AM					AQUA SURPRISE WITH KARLA	
11:00AM-12:00PM	<b>AQUA ARTHRITIS WITH GINGER</b>		<b>AQUA ARTHRITIS WITH GINGER</b>		<b>AQUA ARTHRITIS WITH GINGER</b>	
12:00 - 3:00 PM	<b>Therapy</b>	<b>Therapy</b>	<b>Therapy</b>	<b>Therapy</b>	<b>Therapy</b>	
3:00-7:45PM	 FAMILY SWIM TIME 					
5:30PM-6:30PM		<b>AQUA ARTHRITIS WITH ART &amp; GINGER</b>		<b>AQUA ARTHRITIS WITH ART &amp; GINGER</b>		REVISED ON 12/29/21
* 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.						