



AQUA GROUP FITNESS SCHEDULE

SEPTEMBER 2019

MON	TUE	WED	THU	FRI	SAT	SUN
8:30-9:25am Aqua Easy (For Life) Maria	8:30-9:25 Water Workout Plus Jessica	8:30-9:15am Aqua Easy 45 (For Life) Mindy	8:30-9:25am Water Workout Plus Tina	8:00-8:55am Aqua Easy (For Life) Mindy		
9:30-10:25am Aqua Power Ball Christel		9:30-10:15am Power H2O Jessica		9:00-9:55am Power H2O 1st & 3rd Friday: Taquata Mindy		
10:30-11:15am Ai-Chi (For Life) Christel		10:30-11:10am Aqua Easy (For Life) Vicki	11:30a-12:25p Aqua Fibromyalgia (For Life) Tina		10:00-10:55am Power H2O Christel/Maria/Julie	9:30-10:25am Aqua Power Interval Tia
11:15-12:00p Aqua Arthritis (For Life) Christel	11:30-12:25p Aqua Fibromyalgia (For Life) Tina	11:15-11:55am Aqua Arthritis (For Life) Vicki	12:30-1:15pm Aqua NMC (For Life) Tina	12:00-12:45pm Aqua Arthritis (For Life) Maria	11:00-11:45am Ai-Chi (For Life) Christel/Maria/Julie	10:30-11:25am Body Sculpting Tia
12:00-12:45pm Aquatic XTraining Jessica	12:30-1:15pm Aqua NMC (For Life) Tina			ACTIVITY POOL CLOSED 8:00am-12:45pm	ACTIVITY POOL CLOSED 9:30am-2:00pm	ACTIVITY POOL CLOSED 9:30am-2:00pm
ACTIVITY POOL CLOSED 8:30am – 2:00pm		ACTIVITY POOL CLOSED 8:30am – 2:00pm	ACTIVITY POOL CLOSED 8:30am – 1:30pm			
	ACTIVITY POOL CLOSED 8:30am-1:30pm					
	6:30-7:25pm Strong & Fit (For Life) Christel		6:45-7:30pm Aqua Intervals Christel			
7:30-8:25pm Water Workout (For Life) Julie		7:30-8:25pm Water Workout (For Life) Julie	7:30-8:15pm Ai Chi (For Life) Christel			
ACTIVITY POOL CLOSED 5:30pm-8:30pm	ACTIVITY POOL CLOSED 6:30pm-8:30pm	ACTIVITY POOL CLOSED 5:30pm-8:30pm	ACTIVITY POOL CLOSED 6:00pm-8:15pm			

- Swim Team uses 3 lanes Monday-Thursday, 6:00-7:00 p.m.
- # - Lap Pool – Classes use two lanes.
- Hotline for all Substitutions/Cancellations: 610.938.2557

Healthplex Sports Club
Phone (Main): 610.328.8888
Website: www.healthplex.net

Activity Pool Access Schedule

Updated 5/1/2018

The Activity Pool is **Closed** during all Aqua Group Fitness classes and Physical Medicine & Rehab (PM&R). The Activity Pool is open to members during the "Recreational Swim" times highlighted in Yellow. Please be mindful of the Swim Instructors as lesson's take place throughout the day.

MONDAY	
Time	Activity
5:00am - 8:30am	Recreational Swim
8:30am - 12:15pm	Aqua Group Fitness
12:45pm - 2:00pm	PM&R
2:00pm - 5:30pm	Recreational Swim
5:30pm - 7:30pm	PM&R
7:30pm - 8:30pm	Aqua Group Fitness
8:30pm - 10:45pm	Recreational Swim

TUESDAY	
Time	Activity
5:00am - 8:30am	Recreational Swim
8:30am - 9:25am	Aqua Group Fitness
9:30am - 11:30am	PM&R
11:30am - 1:30pm	Aqua Group Fitness
1:30pm - 6:30pm	Recreational Swim
6:30pm - 8:30pm	Aqua Group Fitness
8:30pm - 10:45pm	Recreational Swim

WEDNESDAY	
Time	Activity
5:00am - 8:30am	Recreational Swim
8:30am - 12:00pm	Aqua Group Fitness
12:45pm - 2:00pm	PM&R
2:00pm - 5:30pm	Recreational Swim
5:30pm - 7:30pm	PM&R
7:30pm - 8:30pm	Aqua Group Fitness
8:30pm - 10:45pm	Recreational Swim

THURSDAY	
Time	Activity
5:00am - 8:30am	Recreational Swim
8:30am - 9:30am	Aqua Group Fitness
9:30am - 11:30am	PM&R
11:30am - 1:30pm	Aqua Group Fitness
1:30pm - 6:00pm	Recreational Swim
6:00pm - 8:15pm	Aqua Group Fitness
8:15pm - 10:45pm	Recreational Swim

FRIDAY	
Time	Activity
5:00am - 8:00am	Recreational Swim
8:00am - 10:00am	Aqua Group Fitness
10:00am - 12:00pm	PM&R
12:00pm - 12:45pm	Aqua Group Fitness
12:45pm - 8:45pm	Recreational Swim

SATURDAY	
Time	Activity
7:00am - 9:30am	Recreational Swim
9:30am - 10:00am	Parent-Tot Lessons
10:00am - 11:45am	Aqua Group Fitness
11:45am - 2:00pm	Swim Lessons
2:00pm - 7:45pm	Recreational Swim

SUNDAY	
Time	Activity
7:00am - 9:30am	Recreational Swim
9:30am - 11:30am	Aqua Group Fitness
11:30am - 2:00pm	Swim Lessons
2:00pm - 7:45pm	Recreational Swim

* The Healthplex reserves the right to modify this schedule as necessary for programs and events.

Questions? Please call 610-328-8883.



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