



# AQUA GROUP FITNESS SCHEDULE

JANUARY 2019

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