







McDowell Wellness
Center
A service of Ephraim McDowell Health

AQUATIC FITNESS SCHEDULE 2023

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 TABATA WITH KARLA	DEEP H2O WITH JENNIE	AQUA MIX WITH REBECCA	AQUA DANCE WITH ANN		
10:00 - 11:00 AM	AQUA SURPRISE WITH KARLA	AQUA ARTHIS WITH DEBORAH	AQUA SURPRISE WITH KARLA	AQUA ARTHIS WITH DEBORAH	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 SHALLOW & DEEP WATER WITH Allen & GINGER		AQUA ARTHRITIS SHALLOW & DEEP WATER WITH Allen & GINGER		REVISED ON 1/1/2023	
* 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.							