







**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 ARTHRITIS WITH DEBORAH	AQUA SURPRISE WITH KARLA	AQUA ARTHRITIS WITH DEBORAH	AQUA SURPRISE WITH KARLA	
11:00AM-12:00PM	AQUA ARTHRITIS WITH GINGER	AQUA ARTHRITIS WITH DEBORAH	AQUA ARTHRITIS WITH GINGER	AQUA ARTHRITIS WITH DEBORAH	AQUA ARTHRITIS WITH GINGER	
12:00 - 3:00 PM	Therapy	Therapy	Therapy	Therapy	Therapy	
3:00-7:45PM	 <div style="text-align: center;">FAMILY SWIM TIME</div> 					
5:30PM-6:30PM		AQUA ARTHRITIS SHALLOW & DEEP WATER WITH Allen & GINGER		AQUA ARTHRITIS SHALLOW & DEEP WATER WITH Allen & GINGER		REVISED ON 6/29/23
* 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.						