McDowell Wellness Center
A service of Ephraim McDowell Health

# AQUATIC FITNESS SCHEDULE 2026

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 5:00AM -7:45PM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim (5AM-5:45PM) |  |
| 7:00-9:00AM | Therapy | Therapy | Therapy | Therapy | Therapy | |
| 9:00 - 10:00 AM | AQUA MIX WITH REBECCA | AQUA TABATA WITH KARLA | AQUA MIX WITH JENNY | AQUA MIX WITH REBECCA | AQUA DANCE WITH ANN | |
| 10:00 - 11:00 AM | AQUA SURPRISE WITH KARLA | AQUA ARTHRITIS WITH DEB | AQUA SURPRISE WITH KARLA | AQUA ARTHRITIS WITH DEB | 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 | |
| 12:00-Close |  | FAMILY SWIM TIME | | |  | |
| 6:45-7:45pm | | *ROOKIE BOOT CAMP* WITH ANN (see front desk for more information | | |  | REVISED ON 9/22/26 |

* 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.