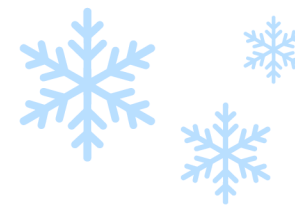


JANUARY 2025 - AQUATICS SCHEDULE



MON	TUE	WED	THU	FRI	SAT	SUN
AAP: 10:30 am - 11:30 am AT: 12:30 pm - 1:30 pm	AT: 10:30 am - 11:30 am AAP: 12:30 pm - 1:30 pm SL: 5:00 pm - 7:00 pm	AAP: 10:30 am - 11:30 am AT: 12:30 pm - 1:30 pm	AAP: 12:30 pm - 1:30 pm SL: 5:00 pm - 7:00 pm	WIM: 10:00 - 10:45 am M.S./Arthritis Aqua Group 11:00 am - 12:00 pm	AF: 9:30 am - 10:15 am (1/11 & 1/25 ONLY) FS (Session 1): 10:30 am - 12:00 pm FS (Session 2): 12:30 pm - 2:00 pm	FS (Session 1): 10:30 am - 12:00 pm FS (Session 2): 12:30 pm - 2:00 pm

OPEN SWIM VARIES DAILY, PLEASE SEE CALENDAR ON BACK FOR OPEN SWIM TIME.

INCLUDED IN WELLNESS CENTER MEMBERSHIP

AQUA TONE (AT):

Join Robin for this toning water aerobics class!

AQUA FIT (AF):

This 45-minute class includes cardio, toning and muscle conditioning that is upbeat and energetic. Great for all ages and skill levels.

OPEN SWIM (OPEN):

Varies daily. Please review daily schedule on back for open swim availability. Adult Members only. Children under the age of 14 are not permitted.

FAMILY SWIM (FS):

Wellness Center Members are welcome to bring family members below the age of 14 to the Therapy Pool during designated Family Swim hours on Saturdays and Sundays. Registration to attend Family Swim is required and can be completed on the mobile app.

Please choose one of the two sessions

ADDITIONAL COST AQUATIC PROGRAMS

ARTHRITIS AQUATIC PROGRAM (AAP):

Classes meet Mondays and Wednesdays, and Tuesdays and Thursdays for 8 weeks. Open to members and non-members.

MULTIPLE SCLEROSIS (M.S.) AQUA GROUP:

The Multiple Sclerosis Aqua Group is an aquatics program designed for individuals with M.S. This program requires approval or recommendation from a physician to participate. Open to members and non-members.

SWIM LESSONS (SL):

Swimming lessons are an additional cost to your Wellness Center membership. Open to members and non-members. Schedule and sessions offered varies based on lifeguard availability.

WATERinMOTION (WIM) (R):

WATERinMOTION (R) is a high-energy, total-body, pre-choreographed aquatic exercise class. Incorporates choreography that is unique and pre-formatted to match the tempo best suited for water exercise. This premium aquatic group fitness class is suited for all ages of exercisers looking for a low-impact yet challenging workout.



JANUARY 2025 - AQUATICS CALENDAR

SUN

MON


TUE

WED

THU

FRI

SAT

			 <p>1</p>	<p>2</p> <p>OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm OPEN: 5 - 9 pm</p>	<p>3</p> <p>OPEN: 5 - 10 am WIM: 10 - 10:45 am MS: 11 - 12 pm OPEN: 2 - 8 pm</p>	<p>4</p> <p>OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12 pm FS (session 2): 12:30 - 2 pm OPEN: 2 - 4 pm</p>
<p>5</p> <p>OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12:00 FS (session 2): 12:30 - 2:00 OPEN: 2 - 4 pm</p>	<p>6</p> <p>OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm</p>	<p>7</p> <p>OPEN: 5 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm</p>	<p>8</p> <p>OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm</p>	<p>9</p> <p>OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm</p>	<p>10</p> <p>OPEN: 5 - 10 am WIM: 10 - 10:45 am MS: 11 - 12 pm OPEN: 2 - 8 pm</p>	<p>11</p> <p>OPEN: 7 - 9:15 am AF: 9:30 - 10:15 am FS (session 1): 10:30 - 12:00 FS (session 2): 12:30 - 2:00 OPEN: 2 - 4 pm</p>
<p>12</p> <p>OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12:00 FS (session 2): 12:30 - 2:00 OPEN: 2 - 4 pm</p>	<p>13</p> <p>OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm</p>	<p>14</p> <p>OPEN: 5 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm</p>	<p>15</p> <p>OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm</p>	<p>16</p> <p>OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm</p>	<p>17</p> <p>OPEN: 5 - 10 am WIM: 10 - 10:45 am MS: 11 - 12 pm OPEN: 2 - 8 pm</p>	<p>18</p> <p>OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12:00 FS (session 2): 12:30 - 2:00 OPEN: 2 - 4 pm</p>
<p>19</p> <p>OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12:00 FS (session 2): 12:30 - 2:00 OPEN: 2 - 4 pm</p>	<p>20</p> <p>OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm</p>	<p>21</p> <p>OPEN: 5 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm</p>	<p>22</p> <p>OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm</p>	<p>23</p> <p>OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm SL: 5 - 7 pm OPEN: 7 - 9 pm</p>	<p>24</p> <p>OPEN: 5 - 10 am WIM: 10 - 10:45 am MS: 11 - 12 pm OPEN: 2 - 8 pm</p>	<p>25</p> <p>OPEN: 7 - 9:15 am AF: 9:30 - 10:15 am FS (session 1): 10:30 - 12:00 FS (session 2): 12:30 - 2:00 OPEN: 2 - 4 pm</p>
<p>26</p> <p>OPEN: 7 - 10:30 am FS (session 1): 10:30 - 12:00 FS (session 2): 12:30 - 2:00 OPEN: 2 - 4 pm</p>	<p>27</p> <p>OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm</p>	<p>28</p> <p>OPEN: 5 - 8 am AT: 10:30 - 11:30 am AAP: 12:30 - 1:30 pm OPEN: 5 - 9 pm</p>	<p>29</p> <p>OPEN: 5 - 9 am AAP: 10:30 - 11:30 am AT: 12:30 - 1:30 pm OPEN: 5 - 9 pm</p>	<p>30</p> <p>OPEN: 5 - 8 am AAP: 12:30 - 1:30 pm OPEN: 5 - 9 pm</p>	<p>31</p> <p>OPEN: 5 - 10 am WIM: 10 - 10:45 am MS: 11 - 12 pm OPEN: 2 - 8 pm</p>	



**Memorial
Healthcare**

Wellness
Center