

PINE VILLAGE WELLNESS CENTER CLASS SCHEDULE

	LAND CLASS SCHEDULE		AQUATIC CLASS SCHEDULE	
MONDAY			8:00-8:45AM	WATER AEROBICS
	9:00-9:30AM	STRENGTH TRAINING	9:00-9:30AM	ARTHRITIS WATER EXERCISE
	10:00-10:25AM	KA ARTHRITIS EXERCISE (CHAPEL)	9:30-11:30AM	OPEN SWIM
	3:00-3:30PM	BALANCE TRAINING	2:00-2:30PM	WATER ZUMBA
			2:30-4:00PM	OPEN SWIM
			4:00-4:45PM	WATER AEROBICS
		4:45-5:15PM	OPEN SWIM	
TUESDAY	8:30-8:55AM	CHAIR EXERCISE	8:00-9:30AM	OPEN SWIM
	9:00-9:30AM	BAL-A-VIS-X	9:30-10:00AM	ARTHRITIS WATER EXERCISE
	10:00-10:25AM	KA ARTHRITIS EXERCISE (CHAPEL)	10:00-11:30AM	OPEN SWIM
			2:00-2:45PM	WATER AEROBICS
			4:00-4:45PM	WATER AEROBICS
			4:45-5:15PM	OPEN SWIM
WEDNESDAY			8:00-8:45AM	WATER AEROBICS
	9:00-9:30AM	STRENGTH TRAINING	9:00-9:30AM	ARTHRITIS WATER EXERCISE
	10:00-10:25AM	KA ARTHRITIS EXERCISE (CHAPEL)	9:30-11:30AM	OPEN SWIM
	3:00-3:30PM	BALANCE TRAINING	2:00-2:30PM	WATER ZUMBA
			2:30-4:00PM	OPEN SWIM
			4:00-4:45PM	WATER AEROBICS
		4:45-5:15PM	OPEN SWIM	
THURSDAY	8:30-8:55AM	CHAIR EXERCISE	8:00-9:30AM	OPEN SWIM
	9:00-9:30AM	BAL-A-VIS-X	9:30-10:00AM	ARTHRITIS WATER EXERCISE
	10:00-10:25AM	KA ARTHRITIS EXERCISE (CHAPEL)	10:00-11:30AM	OPEN SWIM
			2:00-2:45PM	WATER AEROBICS
			4:00-4:45PM	WATER AEROBICS
			4:45-5:15PM	OPEN SWIM
FRIDAY			8:00-8:45AM	WATER AEROBICS
	9:00-9:30AM	STRENGTH TRAINING	9:00-9:30AM	ARTHRITIS WATER EXERCISE
	10:00-10:25AM	KA ARTHRITIS EXERCISE (CHAPEL)	9:30-11:30AM	OPEN SWIM
	11:30AM-12:00PM	BALANCE TRAINING	1:00-2:30PM	OPEN SWIM

FITNESS ROOM HOURS	
MONDAY-THURSDAY	7:30AM-5:30PM
FRIDAY	7:30AM-3:00PM

Please notice: The pool is not open ALL day. Read the schedule carefully before showing up for open swim or class.