

# Aquatic Group Fitness January-March 2019



Time	M	T	W	TH	F	SA	SUN
5:00 am			Aqua Boot Camp Haley				
8:00 am	Hydro Fit Vickey		Hydro Fit Vickey		Hydro Fit Vickey	Hydro Fit 8:05 am Haley	
9:30 am		Adaptive Movement Danielle		Adaptive Movement Danielle			
9:30 am	Hydro Power Kate	Hydro Power Angie	Hydro Power Kate	Hydro Power Jessica	Hydro Power Angie		
10:30 am	Adaptive Movement Maureen	Adaptive Movement Danielle	Adaptive Movement Kate	Adaptive Movement Danielle	Adaptive Movement Jessica		
11:15 am	Hydro Fit Maureen	Hydro Fit Angie	Hydro Fit Kate	Hydro Fit Jessica	Hydro Fit Angie		
12:15 am	Adaptive Movement Maureen		Adaptive Movement Kate				
11:30 am		Adaptive Movement Danielle		Adaptive movement Danielle			
4:00 pm							Hydro Fit Kate
5:00 pm		Hydro Fit Haley		Hydro Fit Haley			
5:30 pm	Deep Water Kate		Deep Water Haley				
6:00 pm		Hydro Power Haley		Hydro Power Haley			

- Please share a lane when possible.
- Minimum of 2 lap lanes available for lap swimming every day.
- Optimal lap swim times: Weekdays from 5:00am-8:00am, 12:00pm-5:00pm, and 7:00pm-9:30pm. Saturdays from 1:00pm-5:30pm. Sundays 8:00am-5:30pm.

**Instructors subject to change without notice.**  
Classes listed above are open to all Health Place members.  
Adaptive Movement is our new specialty class. It is a similar format as the Arthritis classes.

**\*\*For inclement winter weather facility closings, please call the hot line number at 770-793-7307.**