

Augusta Health Fitness

Fitness/Therapy Pool Schedule - *October 2017*

MON	TUES	WED	THUR	FRI	SAT
7:45 - 8:30 am Aqua Power Jen 2, 16, 30 Olivia 9, 23 Fitness Pool		7:45 - 8:45 am Aqua Power Jen Fitness Pool	7:45 - 8:45 am Aqua Power Jen 5, Sarah 19 Alysia 12, 26 Fitness Pool	7:45 - 8:30 am Aqua Express Jenn 6, 13 Jen 20, 27 Fitness Pool	9:00 - 10:00 am Aqua Power Jenn 7 Sharon T. 14 Jen 21, Betsy 28
9:00 - 10:00 am Deep Water Conditioning Olivia 2 Betsy 9, 16, 23, 30 Fitness Pool			9:00 - 10:00 am Deep Water Conditioning Betsy 12, 19, 26 No Class 5 Fitness Pool		<p>Announcements: <i>Check out what is going on in the pools this month... Masters Swim is back!</i></p> <p>Hip & Knee Clinic Fridays Oct 13 - Nov 3 11:00 -11:45am</p> <p>Murphy Deming PT lab will use the Therapy Pool Oct 27 12:30 - 3:30pm</p> <p>RxEX Program will utilize the Therapy Pool Mondays and Wednesdays from 1:30-4p & 4:30-6pm Members are still permitted to use the pool during this time. We just ask that everyone be willing to share their space.</p>
9:00-9:45 am Aqua Lite Kathy 2, 9, 23, 30 Jen 16 Therapy Pool	9:00 - 9:45 am Aqua Lite Kathy 3 Betsy 10, 17, 24, 31 Therapy Pool		9:00 - 9:45 am Aqua Lite Kathy 5, Sarah 12 No Class 19, Olivia 26 Therapy Pool	9:00 - 9:45 am Aqua Lite Kathy 6, 20, 27 Jen 13 Therapy Pool	
10:00 - 10:45 am ROM Kathy 2, 9, 23, 30 Betsy 16 Therapy Pool	10:00 - 10:45 am Aqua Lite Kathy 3 Betsy 10, 17, 24, 31 Therapy Pool		10:00 -10:45 am Aqua Lite Kathy 5 Betsy 12, 19, 26 Therapy Pool	10:00 - 10:45 am ROM Jenn 6, 13 Kathy 20, 27 Therapy Pool	
	12:00-1:00pm Masters Swim Greg <i>*extra fee</i> Fitness Pool		12:00-1:00pm Masters Swim Greg <i>*extra fee</i> Fitness Pool	11:00-11:45am Hip & Knee Clinic Oct 13 - Nov 3 <i>*extra fee</i> Therapy Pool	
		4:00 - 6:00pm Fall Warm Up Ellie Fitness Pool <i>*extra fee</i>		4:00 - 6:00pm Fall Warm Up Ellie 6, 13, 20, 27 Fitness Pool <i>*extra fee</i>	
5:00 - 6:00 pm Aqua Power Bonnie 2, 9, 23, 30 Sharon T. 16 Fitness Pool	5:30-6:15 pm Aqua Lite Jen Therapy Pool		4:45-5:45pm Aqua Power Jenn 5, 19 Bonnie 12, 26 Fitness Pool		
	6:30 - 7:30 PM Masters Swim Greg <i>*extra fee</i> Fitness Pool		6:30 - 7:30 PM Masters Swim Greg <i>*extra fee</i> Fitness Pool		

The number beside the instructors name dictates the day of month they are teaching, if there are no dates the instructor is teaching that class all month. Instructors are subject to change! Class Descriptions on back!

Physical Therapy will be utilizing the Therapy Pool during the following hours: Quiet Workouts Permitted!

Tuesday	Wednesday	Thursday
12:30 - 5:30pm	8am - 12 noon	12:30 - 5:30pm

Aqua RxEx Program utilizes the therapy pool on Mon & Wed from 1:30-4:00p and 4:30-6p.