

Lap Pool Class Schedule

Multi-Purpose Pool

Schedule Effective as of January 2024

MONDAY	🎵 9:00 - 9:45AM	Anything Goes	Darlene S.
	🎵 10:00 - 10:45	Deeply Fit	Darlene S.
	🎵 1:00 - 1:45	Afternoon Walk	Pam W.
TUESDAY	🎵 9:00 - 9:45AM	Aqua Cardio Fun	Laura W.
	🎵 10:00 - 10:45	Pool Pyramid	Tara S.
	🎵 2:45 - 3:45	Aqua Neuro	Janet S./Darlene S.
	🎵 6:30 - 7:15	Boot Camp	Jen T.
WEDNESDAY	🎵 9:00 - 9:45AM	Hump Day Workout	Darlene S.
	10:00 - 10:45	Deep Water Transitions	Linda C.
	1:00 - 1:45	Afternoon Delight	Pam W.
THURSDAY	🎵 9:00 - 9:45AM	Aqua Cardio Fun	Laura W.
	🎵 10:00 - 10:45	Anything Goes	Tara S.
	🎵 6:00 - 6:45	Anything Goes	Michael H./Kim D.
FRIDAY	🎵 9:00 - 9:45AM	Aqua Fitness starts	Theresa M.
	NEW! 🎵 9:50 - 10:10	Aqua Noodle	Theresa M.
	🎵 10:15 - 11:00	HIIT	Debbie H.
SATURDAY	🎵 9:00 - 9:45AM	Boot Camp	Kim D. / Jen T.
	🎵 9:45 - 10:30	Get Pumped	Kim D./ Jen T.
	🎵 12:00 - 1:00	Aqua Neuro	Janet S.
SUNDAY	🎵 11:00 - 11:45AM	Aqua Motion	Kim D./ Jen T.

SEE REVERSE SIDE FOR CLASS DESCRIPTIONS

LANE LINES WILL BE REMOVED 5 MINUTES PRIOR TO THE START OF A GROUP CLASS.

🎵 Music will be played during these classes. Pools are located in a shared aquatic area.

* Family Swim Night is held on the 4th Friday of each month in the shared aquatic area. See flyer for details.

FOR DAILY CLASS CHANGES OR SUBSTITUTE INSTRUCTORS, PLEASE VISIT OUR WEBSITE, BAPTISTMILESTONE.COM.

