

Lap Pool Class Schedule

Multi-Purpose Pool

Schedule Effective as of September 2023

MONDAY	🎵 9:00 - 9:45AM 🎵 10:00 - 10:45 🎵 1:00 - 1:45	Anything Goes Deeply Fit Afternoon Walk	Darlene S. Darlene S. Pam W.
TUESDAY	🎵 9:00 - 9:45AM 🎵 10:00 - 10:45 🎵 2:45 - 3:45 🎵 6:30 - 7:15	Aqua Cardio Fun Pool Pyramid Aqua Neuro Boot Camp	Laura W. Tara S. Janet S./Darlene S. Jen T.
WEDNESDAY	🎵 9:00 - 9:45AM 10:00 - 10:45 1:00 - 1:45 🎵 6:00 - 6:45	Hump Day Workout Deep Water Transitions Afternoon Delight Hydro Cycling	Darlene S. Linda C. Pam W. Todd T.
THURSDAY	🎵 9:00 - 9:45AM 🎵 10:00 - 10:45 🎵 6:00 - 6:45	Aqua Cardio Fun Anything Goes Anything Goes	Laura W. Tara S. Kim D.
FRIDAY	🎵 9:15 - 10:00AM 🎵 10:15 - 11:00 6:00 - 7:30	Aqua Fitness starts HIIT * Family Swim Night	Theresa M. Debbie H. Every 4 th Fri.
SATURDAY	🎵 9:00 - 9:45AM 🎵 9:45 - 10:30 🎵 12:00 - 1:00	Boot Camp Get Pumped Aqua Neuro	Kim D. / Jen T. Kim D./ Jen T. 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.

