

# Therapy Pool Class Schedule

## Multi-Purpose Pool

Schedule Effective as of February 2024

MONDAY	🎵 11:00 - 11:45 AM 12:00 - 12:45	Pilates Feldenkrais Water Yoga	Dorothy H. Linda C.
TUESDAY	11:00 - 11:45 AM 🎵 2:00 - 2:45	Water Wellness (Arthritis Plus Fibromyalgia) Water Energy	Debra H. Debra H.
WEDNESDAY	11:00 - 11:45 AM 🎵 12:00 - 12:45	Active Agers Yoga Flow	Linda C. Pam W.
THURSDAY	11:00 - 11:45 AM 🎵 2:00 - 2:45 🎵 5:00 - 5:45	Water Wellness (Arthritis Plus Fibromyalgia) Water Energy Water Wellness (Arthritis Plus Fibromyalgia)	Debra H. Debra H. Michael H. Kim D.
FRIDAY	🎵 11:00 - 11:45AM 🎵 12:00 - 12:45	Water Wellness (Arthritis Plus Fibromyalgia) Cardio/Core	Sherry R. Sherry R.
SATURDAY	10:30 - 11:15AM 11:15 - 12:00	Active Agers Barre None	Linda C./Pam W. Linda C./Pam W.
SUNDAY	11:30AM - 1:00PM * Swim Lessons		Theresa M.

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## SEE REVERSE SIDE FOR CLASS DESCRIPTIONS

🎵 Music will be played during these classes. Pools are located in a shared aquatic area.  
\* Children's Swim Lessons February 18, 25, March 3, 10, 17, 2024. See flyer for details.

FOR DAILY CLASS CHANGES OR SUBSTITUTE INSTRUCTORS,  
PLEASE VISIT OUR WEBSITE [WWW.BAPTISTMILESTONE.COM](http://WWW.BAPTISTMILESTONE.COM).

