

Therapy Pool Class Schedule

Multi-Purpose Pool

Schedule Effective as of January 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 - 11:45 🎵 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.

SEE REVERSE SIDE FOR CLASS DESCRIPTIONS

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

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

