

Therapy Pool Class Schedule

Multi-Purpose Pool

Schedule Effective as of June 2024

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|-----------|---|--|---|
| MONDAY | 🎵 11:00 -11:45 AM 12:00 -12:45 | Pilates Feldenkrais Yoga | Dorothy H. Linda C. |
| TUESDAY | 11:00 - 11:45 AM 🎵 2:00 - 2:45 | Water Wellness (Arthritis Plus Fibromyalgia) 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) 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. |

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.

