

Therapy Pool Class Schedule

Multi-Purpose Pool

Schedule Effective May 2022

MONDAY	9:15 - 10:00AM ♪ 11:00 - 11:45 12:00 - 12:45	Water Wellness (Arthritis Plus Fibromyalgia) Pilates Feldenkrais Water Yoga	Mary Duke Dorothy Linda
TUESDAY	9:15 - 10:00AM 11:00 - 11:45 ♪ 2:00 - 2:45	Water Wellness (Arthritis Plus Fibromyalgia) Water Wellness (Arthritis Plus Fibromyalgia) Water Energy	Mary Duke Mary Duke Debra
WEDNESDAY	♪ 9:15 - 10:00AM 11:00 - 11:45 ♪ 12:00 - 12:45	Pilates Feldenkrais Active Agers Yoga Flow	Dorothy Linda Pam
THURSDAY	9:15 - 10:00AM 11:00 - 11:45 ♪ 2:00 - 2:45 ♪ 5:00 - 5:45	Water Wellness (Arthritis Plus Fibromyalgia) Water Wellness (Arthritis Plus Fibromyalgia) NEW! Water Energy Water Wellness (Arthritis Plus Fibromyalgia)	Mary Duke Mary Duke Debra Kim
FRIDAY	♪ 11:00 - 11:45 AM ♪ 12:00 - 12:45	Water Wellness (Arthritis Plus Fibromyalgia) Cardio/Core	Sherry Sherry
SATURDAY	11:00 - 11:45AM 12:00 - 12:45PM	Active Agers Barre None	Linda/Pam Linda/Pam

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.