

Therapy Pool Class Schedule

Multi-Purpose Pool

Schedule Effective as of November 2024

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	Water Wellness (Arthritis Plus Fibromyalgia) Energy	Debra H. Debra H.
FRIDAY	♪ 11:00 - 11:45 AM ♪ 12:00 - 12:45 6:00 - 7:30	Water Wellness (Arthritis Plus Fibromyalgia) Cardio/Core Family Swim Night* (4 th Friday each month)	Sherry R. Sherry R.
SATURDAY	10:30 - 11:15 AM 11:15 - 12:00	Active Agers Barre None	Linda C./Pam W. Linda C./Pam W.
SUNDAY	11:30 AM - 1:00 PM	Children's Swim Lessons**	Theresa M.

SEE REVERSE SIDE FOR CLASS DESCRIPTIONS

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

* See Monthly Events Calendar for details.

** Children's Swim Lessons October 27, November 3, 10, 17 & 24.

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

