

# Therapy Pool Class Schedule

Multi-Purpose Pool

Schedule Effective as of September 2023

MONDAY	🎵 11:00 - 11:45 AM 12:00 - 12:45	Pilates Feldenkrais Water Yoga	Dorothy Linda
TUESDAY	11:00 - 11:45 AM 🎵 2:00 - 2:45	Water Wellness (Arthritis Plus Fibromyalgia) Water Energy	Debra Debra
WEDNESDAY	11:00 - 11:45 AM 🎵 12:00 - 12:45	Active Agers Yoga Flow	Linda Pam
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 Debra Kim
FRIDAY	🎵 11:00 - 11:45 AM 🎵 12:00 - 12:45	Water Wellness (Arthritis Plus Fibromyalgia) Cardio/Core	Sherry Sherry
SATURDAY	10:30 - 11:15AM 11:15 - 12:00	Active Agers Barre None	Linda/Pam Linda/Pam

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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.

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

