

Therapy Pool Class Schedule

Multi-Purpose Pool

Schedule Effective as of September 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 🎵 5:00 - 5:45	Water Wellness (Arthritis Plus Fibromyalgia) Energy Water Wellness (Arthritis Plus Fibromyalgia)	Debra H. Debra H. Kim D./Beth K.
FRIDAY	🎵 11:00 - 11:45AM 🎵 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 - 11:15AM 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.

* See Monthly Events Calendar for details.

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

