

# Aquatic Class Schedule

Schedule Effective as of April 2025

<b>MONDAY</b>	♪ 9:00 - 9:45AM	Anything Goes	Darlene S.	Lap
	♪ 10:00 - 10:45	Deeply Fit	Darlene S.	Lap
	♪ 11:00 - 11:45	Pilates Feldenkrais	Dorothy H.	Therapy
	1:00 - 1:45	Afternoon Walk	Pam W.	Lap
	12:00 - 12:45	Walk This Way	Pam W.	Therapy
<b>TUESDAY</b>	♪ 9:00 - 9:45AM	Cardio Fun	Laura W.	Lap
	♪ 10:00 - 10:45	Pool Pyramid	Tara S.	Lap
	♪ 11:00 - 11:45	Water Wellness	Debra H.	Therapy
	♪ 12:00 - 12:45	Energy	Debra H.	Therapy
	♪ 2:45 - 3:45	Neuro	Darlene S.	Lap
	♪ 6:30 - 7:15	Boot Camp	Jen T.	Lap
<b>WEDNESDAY</b>	♪ 9:00 - 9:45 AM	Hump Day Workout	Darlene S./Debra H.	Lap
	10:00 - 10:45	Deep Water Transitions	Linda C.	Lap
	11:00 - 11:45	Active Agers	Linda C.	Therapy
	12:00 - 12:45	Balance/Chi Connection	Linda C.	Therapy
	1:00 - 1:45	Afternoon Delight	Pam W.	Lap
<b>THURSDAY</b>	♪ 9:00 - 9:45AM	Cardio Fun	Laura W.	Lap
	♪ 10:00 - 10:45	Anything Goes	Tara S.	Lap
	♪ 11:00 - 11:45	Water Wellness	Debra H./Darlene S.	Therapy
	♪ 12:00 - 12:45	Energy	Debra H./Darlene S.	Therapy
	♪ 6:00 - 6:45	Anything Goes	Beth K.	Lap
<b>FRIDAY</b>	♪ 9:00 - 9:45AM	FITness	Theresa M.	Lap
	♪ 9:50 - 10:10	Noodle	Theresa M.	Lap
	♪ 10:15 - 11:00	HIIT	Debbie H.	Lap
	♪ 11:00 - 11:45	Water Wellness	Sherry R.	Therapy
	♪ 12:00 - 12:45	Cardio/Core	Sherry R.	Therapy
	6:00 - 7:30	Family Swim Night* (4 <sup>th</sup> Friday each month)		
<b>SATURDAY</b>	♪ 9:00 - 9:45AM	Boot Camp	Beth K./Jen T.	Lap
	♪ 9:45 - 10:30	Get Pumped	Beth K./Jen T.	Lap
	10:30 - 11:15	Active Agers	Linda C./Pam W.	Therapy
	11:15 - 12:00	Barre None	Linda C./Pam W.	Therapy
	♪ 12:00 - 1:00	Neuro	Linda C./Darlene S.	Lap
<b>SUNDAY</b>	9:00 - 11:10AM	Adult Swim Lessons**	Theresa M.	Lap
	♪ 11:00 - 11:45	Motion	Darlene S./Jen T.	Lap
	11:30 - 1:00	Children's Swim lessons**	Theresa M.	Therapy
	1:05 - 2:05	Children's Swim Lessons**	Theresa M.	Lap

SEE THE REVERSE SIDE FOR CLASS DESCRIPTIONS.

LAP LANE LINES WILL BE REMOVED 5 MINUTES PRIOR TO THE START OF A GROUP CLASS.

For daily class changes or substitutions, please visit our website at [baptistmilestone.com](http://baptistmilestone.com).

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

\* See the Club Monthly Events Calendar for details. \*\* See Swim Lesson flyer for details.

