



Augusta Health Fitness

Fitness/Therapy Pool Schedule - *April 2017*

MON	TUES	WED	THUR	FRI	SAT
7:45 AM Aqua Power Fitness Pool Sharon	7:45 AM Aqua Express Fitness Pool (45 min) Jen 4,18 Heather 11, Alysia 25	7:45 AM Aqua Power Fitness Pool Heather		7:45 AM Aqua Express Fitness Pool (45 min) Sharon 7, Sarah 14 Jen 21, Olivia 28	
9:00 AM Deep Water Conditioning Fitness Pool Sharon	9:00 AM Aqua Power Fitness Pool Jen 4, 18 Heather 11, Alysia 25		9:00 AM Deep Water Conditioning Fitness Pool Betsy 6, 20, 27 Sharon 13		9:00 AM Aqua Power Fitness Pool Jen 1, Bonnie 8, Sharon 15, Betsy 22, Kathy 29
9:00 AM Aqua lite Therapy Pool Betsy 3, 10 Kathy 17, 24	9:00 AM Aqua lite Therapy Pool Betsy		9:00 AM Aqua lite Therapy Pool Olivia Kathy 27	9:00 AM Aqua lite Therapy Pool Olivia 7, Betsy14 Kathy 21, 28	
10:00 AM ROM Therapy Pool Betsy 3, 10 Kathy 17, 24	10:00 AM Aqua lite Therapy Pool Betsy		10:00 AM Aqua lite Therapy Pool Betsy 6, 20, 27 Olivia 13	10:00 AM ROM Therapy Pool Olivia 7, Betsy14 Kathy 21, 28	Announcements: Hip & Knee Clinic will begin Friday, March 24th and Continue through April 14th Sessions will meet in the therapy pool from 11-11:45am Please register at the front desk. \$40/member \$50/non-member RxEX Program utilizes the Therapy Pool on Mon/Wed from 2-4:30pm and Tues/Thurs from 5:30-7p. Members are still permitted to use the pool during this time. We just ask that everyone be willing to share their space.
12-1pm Masters Swim Program Greg *monthly fee		12-1pm Masters Swim Program Greg *monthly fee		11-11:45am 4 wk Hip & Knee Ends 4/14/2017 <i>Register at Front Desk</i>	
		4:45- 5:30pm Aqua Lite Therapy Pool Kathy 5 Alysia 12, 19, 26	4:45-5:40pm Aqua Power Fitness Pool Bonnie 6, 20, 27 Sharon 13		
		5:15-6:15p Warm Up Ellie 2 lanes		5:15-6:15p Warm Up Ellie 2 lanes	
Time Change  5 - 5:55 pm Aqua Power Fitness Pool Bonnie 3, 10, 24 Heather 17					

The number beside the instructors name dictates the day of month they are teaching, if there are no dates the instructor is teaching that class all month. Instructors are subject to change! Class Descriptions on back!

Physical Therapy will be utilizing the Therapy Pool during the following hours: Quiet Workouts Permitted!

Tuesday	Wednesday	Thursday
12:30 - 5:30pm	8am - 12 noon	12:30 - 5:30pm

Aqua RxEx Program utilizes the therapy pool on Mon & Wed from 2-4:30p and Tues & Thurs from 5:30-7p.