

## Dr. John N. Briggs Wellness Center - Pool Schedule - February

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	<b>Open/Lap Swim</b> (5am-7am)	<b>Open/Lap Swim</b> (5am-9:30am)	<b>Open/Lap Swim</b> (5am-7am)	<b>Open/Lap Swim</b> (5am-10:30am)	<b>Open/Lap Swim</b> (5am-7am)	<b>Pool Opens at 6:30am</b>	<b>Pool Opens at 8am</b>
6:00AM							
7:00AM	<b>Open/Lap Swim</b> (8am-9:30am)		<b>Open/Lap Swim</b> (8am-9:30am)		<b>Open/Lap Swim</b> (8am-9:30am)	<b>Open/Lap Swim</b> (6:30am-10am)	
8:00AM		Water Arthritis Ruth		MS Water Aerobics 9:30am to 10:30am			Water Arthritis Ruth
9:30AM	<b>Multilevel Water Aerobics</b> <i>Ruth</i>		<b>Multilevel Water Aerobics</b> <i>Nathalie</i>		<b>Multilevel Water Aerobics</b> <i>Nathalie</i>	<b>Multilevel Water Aerobics</b> <i>Sarah</i>	
10:30AM		<b>Open/Lap Swim</b> (11:30am-4:30pm)		<b>Open/Lap Swim</b> (11:30am-5:30pm)			<b>Open/Lap Swim</b> (11:30am-4:30pm)
11:30AM	<b>Basic Water Aerobics</b> <i>Carrie</i>		<b>Basic Water Aerobics</b> <i>Carrie</i>		<b>Basic Water Aerobics</b> <i>Carrie</i>	<b>Basic Water Aerobics</b> <i>Inst. Varies</i>	
4:30PM		<b>Open/Lap Swim</b> (5:30pm-8:30pm)		<b>Fit for Birth</b> Susan			<b>Open/Lap Swim</b> (5:30pm-8:30pm)
5:30PM	<b>Open/Lap Swim</b> (6:30pm-8:30pm)		<b>Open/Lap Swim</b> (6:30pm-8:30pm)		<b>Open/Lap Swim</b> (6:30pm-8:30pm)	<b>Open/Lap Swim</b> (6:30pm-8:30pm)	
6:30PM		<b>POOL CLOSED</b>		<b>POOL CLOSED</b>			<b>POOL CLOSED</b>
7:30PM	<b>POOL CLOSED</b>		<b>POOL CLOSED</b>		<b>POOL CLOSED</b>	<b>POOL CLOSED</b>	
8:30PM		<b>POOL CLOSED</b>		<b>POOL CLOSED</b>			<b>POOL CLOSED</b>



\*For more information regarding Group Fitness, contact Melissa D'Itri at 624-2775.\*

CURRENT  
SCHEDULE  
AS OF  
2/1/15

\*\*Please be advised that lanes for open swim may or may not be available during scheduled class times\*\*

## **CLASSES OFFERED**

**Basic Water Aerobics** – Enjoy your workout by exercising in the water. Work at your own pace through cardiovascular exercise, strengthening, toning, and increasing your flexibility while utilizing low impact motions. Great exercise to burn calories and lose weight.

**Multilevel Water Aerobics** – All the benefits of the beginner class and then some. This class will make you work a little bit harder and faster.

**\*\*Please be advised that lanes for open swim may or may not be available during these classes.\*\***

**Open Swim** - Get your laps in at this time.

Please share the pool with your fellow swimmers. **\*\*Please observe NCH Swim Etiquette.\*\***

**Water Arthritis class** – A class designed for individuals diagnosed with arthritis. The moves of the class are designed to increase the range of motion of the joints and help ease the pain of those who experience arthritis.

**Fit For Birth** - Exercise class for pregnant women. Class includes safe cardiovascular exercises, stretching, and strengthening designed for pregnant women.

**MS Water Aerobics** - This class is designed for those with Multiple Sclerosis. Membership with the MS Society is required for participation.

**POOL IS 25 METERS LONG, HAS 4 LANES AND IS HEATED TO 84°.**

**When outside temperature drops below 55 degrees, Water Aerobics and Water Arthritis classes will be cancelled. Cancellations are determined 1 hour before the scheduled class.**