

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 8:00 Aqua Strength 9:00 Aqua Cardio 10:00 Gentle Fitness	3
4 CLOSED	5 8:00 Aqua Strength 9:00 Aqua Cardio 10:00 Gentle Fitness	6 6:00 Aqua Strength 7:00 Aqua Cardio	7	8 8:00 Aqua Strength 9:00 Aqua Cardio 10:00 Gentle Fitness 6:00 Aqua Strength 7:00 Aqua Cardio	9	10
11	12 8:00 Aqua Strength 9:00 Aqua Cardio 10:00 Gentle Fitness	13 6:00 Aqua Strength 7:00 Aqua Cardio	14	15 8:00 Aqua Strength 9:00 Aqua Cardio 10:00 Gentle Fitness 6:00 Aqua Strength 7:00 Aqua Cardio	16	17
18	19 8:00 Aqua Strength 9:00 Aqua Cardio 10:00 Gentle Fitness	20 6:00 Aqua Strength 7:00 Aqua Cardio	21	22 8:00 Aqua Strength 9:00 Aqua Cardio 10:00 Gentle Fitness 6:00 Aqua Strength 7:00 Aqua Cardio	23	24
25	26 8:00 Aqua Strength 9:00 Aqua Cardio 10:00 Gentle Fitness	27 6:00 Aqua Strength 7:00 Aqua Cardio	28	29 8:00 Aqua Strength 9:00 Aqua Cardio 10:00 Gentle Fitness 6:00 Aqua Strength 7:00 Aqua Cardio	30	31

July '21 Pool

Aqua Cardio/Endurance - An aquatic inspired class that is instructed at a higher intensity. Targets all major muscle groups, elevates heart rate while toning all muscle groups along with improving endurance and mobility.

Aqua Strength/Condition - An aquatic class that is conducted at a slower pace and designed to improve muscle strength/conditioning in all major muscle groups while improving flexibility.

Gentle Fitness - easy, gentle stretching designed to help improve flexibility of joints, strength, and mobility.

RESERVED- pool will be reserved for one hour time slots for Physical Therapy and/or Swim Lessons.

*All times listed are reserved for the aquatic classes and will be reserved for the full hour.
Please respect our instructors and members posted time by not intruding unless participating.*

Hours of Operation

Sunday 12:00p.m.-5:00p.m.

Monday-Friday

4:00a.m.-10:00p.m.

Saturday 8:00a.m.-4:00p.m.



Kaiser Wellness Center

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