

# SEVEN BRIDGES THERAPY POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00am						<b>CLOSED</b>		5:00am		
5:30am								5:30am		
6:00am								6:00am		
6:30am	<b>OPEN 5am-9:30am</b>	<b>OPEN 5am-8:30am</b>	<b>OPEN 5am-9:30am</b>	<b>OPEN 5am-8:30am</b>	<b>OPEN 5am-9:30am</b>			<b>OPEN 6am-10:15am</b>	<b>OPEN 6am-9:15am</b>	6:30am
7:00am										7:00am
7:30am										7:30am
8:00am										8:00am
8:30am		AQUATONIC		HYDRO FITNESS						8:30am
9:00am		AQUATONIC		HYDRO FITNESS					9:15 HYDRO PUMP	9:00am
9:30am	ARTHRITIS	ARTHRITIS	ARTHRITIS	ARTHRITIS	ARTHRITIS		HYDRO PUMP	9:30am		
10:00am	ARTHRITIS	ARTHRITIS	ARTHRITIS	ARTHRITIS	ARTHRITIS	10:15 STRETCH n TONE	HYDRO PUMP 10:15	10:00am		
10:30am	PARK/ARTH	FIBRO/ARTH	PARK/ARTH	FIBRO/ARTH	PARK/ARTH			10:30am		
11:00am	PARK/ARTH	FIBRO/ARTH	PARK/ARTH	FIBRO/ARTH	PARK/ARTH			11:00am		
11:30am	AQUA MOVES	AI CHI	AQUA MOVES	AI CHI	AQUA MOVES			11:30am		
12:00pm	AQUA MOVES	ARTHRITIS	AQUA MOVES	ARTHRITIS	AQUA MOVES			12:00pm		
12:30pm	STRETCH n TONE	ARTHRITIS	STRETCH n TONE	ARTHRITIS	YOQUA/STRETCH			12:30pm		
1:00pm								1:00pm		
1:30pm	<b>OPEN 1pm - 5:30pm</b>	<b>OPEN 1:00pm-3:30pm</b>	<b>OPEN 1:00pm-5:30pm</b>	<b>OPEN 1:00pm-3:30pm</b>	<b>OPEN 1pm-5:30pm</b>	<b>OPEN 10:45am-6pm</b>	<b>OPEN 10:15am - 6pm</b>	1:30pm		
2:00pm								2:00pm		
2:30pm								2:30pm		
3:00pm		3:00pm								
3:30pm		H2O HEALTHY AND FIT		H2O HEALTHY AND FIT				3:30pm		
4:00pm		H2O HEALTHY AND FIT		H2O HEALTHY AND FIT				4:00pm		
4:30pm		OPEN 4:30-5:00pm		OPEN 4:30-5:00pm				4:30pm		
5:00pm		WWS/ARTHRITIS		WWS/ARTHRITIS				5:00pm		
5:30pm		WARM WATER	WWS/ARTHRITIS	WARM WATER	WWS/ARTHRITIS			WARM WATER		
6:00pm	SAMPLER	AQUA FUNC FIT	SAMPLER	AQUA FUNC FIT	SAMPLER			6:00pm		
6:30pm	H2O HEALTHY AND FIT	AQUA FUNC FIT	H2O HEALTHY AND FIT	AQUA FUNC FIT	<b>OPEN 6:30 -10pm</b>	<b>CLOSED at 6pm</b>		6:30pm		
7:00pm	H2O HEALTHY AND FIT	LOW BACK	H2O HEALTHY AND FIT	LOW BACK				7:00pm		
7:30pm		LOW BACK		LOW BACK				7:30pm		
8:00pm	<b>OPEN 7:30-10:00pm</b>	<b>OPEN 8:00 - 10:00pm</b>	<b>OPEN 7:30-10:00pm</b>	<b>OPEN 8:00 - 10:00pm</b>				8:00pm		
8:30pm					8:30pm					
9:00pm					9:00pm					
9:30pm									9:30pm	

June 3 - September 1, 2024



**Endeavor Health**<sup>SM</sup>  
Fitness & Wellness Center

June 3 - September 1, 2024