

SEVEN BRIDGES THERAPY POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
5:00am						CLOSED		5:00am						
5:30am								5:30am						
6:00am								6:00am						
6:30am	OPEN 5am-9:30am	OPEN 5am-8:30am	OPEN 5am-9:30am	OPEN 5am-8:30am	OPEN 5am-9:30am			OPEN 6am-10:15am	OPEN 6am-9:15am	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	OPEN 1pm - 5:30pm	OPEN 1:00pm-3:30pm	OPEN 1:00pm-5:30pm	OPEN 1:00pm-3:30pm	OPEN 1pm-5:30pm	OPEN 10:45am-6pm	OPEN 10:15am - 6pm	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-		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			5:30pm						
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	OPEN 6:30 -10pm	CLOSED at 6pm		6:30pm						
7:00pm	H2O HEALTHY AND FIT	LOW BACK	H2O HEALTHY AND FIT	LOW BACK				6:30pm						
7:30pm		LOW BACK		LOW BACK				7:00pm						
8:00pm	OPEN 7:30-10:00pm	OPEN 8:00 - 10:00pm	OPEN 7:30-10:00pm	OPEN 8:00 - 10:00pm				7:30pm						
8:30pm										8:00pm				
9:00pm											8:30pm			
9:30pm									9:00pm					
										9:30pm				

September 3 - January 5, 2025



Endeavor HealthSM
Fitness & Wellness Center

September 3 - January 5, 2025