

The Hemsworth Wellness Center Class Schedule

Monday <u>7 am - 5 pm</u>	Tuesday <u>7 am - 5 pm</u>	Wednesday <u>7 am - 5 pm</u>	Thursday <u>7 am - 5 pm</u>	Friday <u>7 am - 3 pm</u>	Saturday <u>8:30 am - 12:30pm</u>
<p><u>Land</u> 9:30 Energize</p> <p>12:00 Mindful Movements</p>	<p><u>Land</u> 9:30 Circuit</p> <p>4:15 Strong & Sassy</p>	<p><u>Land</u> 9:30 Energize</p>	<p><u>Land</u> 9:30 Circuit</p>	<p><u>Land</u> 8:30 Having a Ball</p>	<p><u>Land</u> Independent Work Out</p>
<p><u>Water</u> 8:30 Back Strength</p> <p>9:30 Aqua Aerobics</p> <p>10:30 Joyful Joints</p>	<p><u>Water</u> 10:30 Aqua Combo</p> <p>1:00 H2O Volleyball</p>	<p><u>Water</u> 8:30 Back Strength</p> <p>9:30 Aqua Aerobics</p> <p>10:30 Joyful Joints</p>	<p><u>Water</u> 10:30 Aqua Combo</p> <p>4:15 Aqua Pilates</p>	<p><u>Water</u> 9:30 Aqua Aerobics</p> <p>10:30 Joyful Joints</p>	<p><u>Water</u> Open Swim</p>
<p><i>Revised 2/09</i></p>					
<p><i>The Wellness Center Pool Closes Daily 30 Minutes Prior to Facility Closing. Questions please call 782-4340</i></p>					