

# Group Fitness Schedule

\*All classes are located in the Wellness Classroom

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## Tuesday

Fit in 15  
12:15p-12:30p



Yoga Ease  
6:15pm-7:00pm



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Tai Chi  
9am-9:45am



## Thursday

Fit in 15  
12:15p-12:30p



*january*

## Gym Hours


Monday-Friday: 5:00a-7:00p

Saturday: 8:00a-12:00p

Sunday: CLOSED

**828.326.3680**

 [fitnessplus@catawbavalleymc.org](mailto:fitnessplus@catawbavalleymc.org)

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# Aquatics Schedule

\*pool closes 15 minutes before the facility closes.\*

## MON

## TUE

## WED

## THU

## FRI

## SAT

5:00a - 9:00a <b>OPEN SWIM</b>
9:00a - 9:45a AquaRobics REBECCA
10:00a - 10:45a AquaRobics REBECCA
11:00a - 6:45p <b>OPEN SWIM</b>

5:00a - 10:00a <b>OPEN SWIM</b>
10:00a - 10:45a AquaTone MARYIA
11:00a - 12:00p <b>OPEN SWIM</b>
12:00p - 12:45p Gentle Waves MARYIA
1:00p - 5:30p <b>OPEN SWIM</b>
5:30p-6:15 AquaRobics REBECCA
6:15p - 6:45p <b>OPEN SWIM</b>

5:00a - 9:00a <b>OPEN SWIM</b>
9:00a - 9:45a AquaRobics MARYIA
10:00a - 10:45a AquaRobics MARYIA
11:00a - 2:00p <b>OPEN SWIM</b>
2:00p - 3:00p <b>CLOSED CLASS</b>
3:00p - 6:45p <b>OPEN SWIM</b>

5:00a - 10:00a <b>OPEN SWIM</b>
10:00a - 10:45a AquaTone MARYIA
11:00a - 12:00p <b>OPEN SWIM</b>
12:00p - 12:45p Gentle Waves MARYIA
1:00p - 5:45p <b>OPEN SWIM</b>
5:45p-6:30p AquaRobics MARYIA
6:30p - 6:45p <b>OPEN SWIM</b>

5:00a - 10:00a <b>OPEN SWIM</b>
9:00a - 9:45a AquaRobics MARYIA
10:00a - 2:00p <b>OPEN SWIM</b>
2:00p - 3:00p <b>CLOSED CLASS</b>
3:00p - 6:45p <b>OPEN SWIM</b>

8:00a - 10:00a <b>OPEN SWIM</b>
10:00a - 10:45a AquaRobics MARYIA
10:45a - 11:45a <b>OPEN SWIM</b>

\*Aqua Classes are cancelled in the event of a lightning storm.

\*Open Swim is not allowed during class times.

\*Monday-Friday, Physical Therapist may conduct rehab at 11am & 1pm