CATAWBA VALLEY MEDICAL CENTER
FITNESS PLUS

Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Gentle Pilates 10:00a-10:45a Shasta	**Strength & Balance** 10:30a-11:00a Mitchell	**Chair Yoga** 10:00a-10:45a Cynthia / Amy	
	Strength & Balance 11:15a-11:45a Mitchell	**Gentle Pilates** 11:00a-11:45a Shasta	**Tai Chi** 11:15a-12:00p Betty
Sculpt Fusion 5:30p -6:15p Lexi			
	Yoga 6:15p-7:00p Lana		*updated 1/1/2026

Classroom

- **Balance & Strength**: Improve balance, coordination, and strength with chair and standing exercises.
- **Yoga** A variety of yoga styles suitable for all levels.
- **Chair Yoga**: Gentle, chair-assisted yoga for those with mobility concerns.
- **Tai Chi:** Enhances flexibility, strength, balance, and mind-body connection.
- **Gentle Pilates**: Low-impact Pilates using walls and chairs to improve flexibility, strength, and alignment.
- **Sculpt Fusion**: Full-body workout combining movement, strength training, and core work.

Pool

- **Aquarobics**: High-energy cardio class.
- **AquaTone**: Low-impact class focusing on toning muscles and improving coordination.
- **AquaAlign**: a class focused on posture, core strength, and mobility, using exercise principles inspired by Pilates and yoga
- **Gentle Waves**: Low-impact, energetic class for beginners.
- **Water Strength**: Multi-level, low-impact class using water resistance & other tools to build muscle and strength.
- **Noodle & Bells**: versatile, low-impact class that combines aqua dumbbells and noodles for toning and core strengthening.

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Aquatics Schedule

*The pool will close 15 minutes prior to the facility's closing time.**

MON	TUE	WED	THU	FRI	SAT
5:00a - 9:00a OPEN SWIM	5:00a - 9:00a OPEN SWIM	5:00a - 9:00a OPEN SWIM	5:00a - 9:00a OPEN SWIM	5:00a - 9:00a OPEN SWIM	8:00a - 10:00a OPEN SWIM
9:00a - 9:45a Aquarobics REBECCA	9:00a - 9:45a Noodle & Bells SHERYL	9:00a - 9:45a Aquarobics MARYIA	9:00a - 9:45a Noodle & Bells SHERYL	9:00a - 9:45a WaterStrength SHERYL	10:00a - 10:45a Aquarobics MARYIA
10:00a - 10:45a Aquarobics REBECCA	10:00a - 10:45a AquaTone BETTY	10:00a - 10:45a AquaAlign MARYIA	10:00a - 10:45a AquaTone BETTY	10:00a - 10:45a Aquarobics MARYIA	10:45a - 11:45a OPEN SWIM
10:45a - 12:00p OPEN SWIM	10:45a - 12:00p OPEN SWIM	10:45a - 12:00p OPEN SWIM	10:45a - 12:00p OPEN SWIM	10:45a - 2:00p OPEN SWIM	
*12:00p - 12:45p Pain Management SHERYL	12:00p - 12:45p Gentle Waves MARYIA	*12:00p - 12:45p Pain Management LEXI	12:00p - 12:45p Gentle Waves MARYIA		
12:45p - 5:30p OPEN SWIM	12:45p - 5:30p OPEN SWIM	12:45p - 2:00p OPEN SWIM	12:45p - 5:30p OPEN SWIM	2:00p - 3:00p CLOSED CLASS	
		2:00p - 3:00p CLOSED CLASS		3:00p - 6:45p OPEN SWIM	
		3:00p - 5:30p OPEN SWIM			
5:30p-6:15 WaterStrength SHERYL	5:30p-6:15 Aquarobics REBECCA	5:30p-6:15 WaterStrength SHERYL	5:30p-6:15 Aquarobics MARYIA		
6:15p - 6:45p OPEN SWIM	6:15p - 6:45p OPEN SWIM	6:15p - 6:45p OPEN SWIM	6:15p - 6:45p OPEN SWIM		

***Pain Management Class is a clinical program that requires a 6-week introduction including an assessment & education.**

If interested, register at the front desk.

*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