

Fall Schedule: Therapy Pool

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|----------------------|----------------------|-----------------------|----------------------|------------------|----------|
| 9:00 am - 10:00 am | Water Aerobics | Water Aerobics | Water Aerobics | Water Aerobics | Water Aerobics | |
| 10:00 am - 11:00 am | Mobility and Balance | Mobility and Balance | | Mobility and Balance | | |
| 11:00 am - 12:00 pm | Stretch and Tone | Stretch and Tone | Stretch and Tone | Stretch and Tone | | |
| 12:00 pm - 1:00 pm | Water Aerobics | Water Aerobics | Water Aerobics | Water Aerobics | | |
| 1:00 pm - 2:00 pm | Arthritis Class* | | Arthritis Class* | | Arthritis Class* | |
| 1:30 pm - 2:00 pm | Mom & Tots Work Out | Mom & Tots Work Out | Mom & Tots Work Out | Mom & Tots Work Out | | |
| 6:00 pm - 8:00 pm | | | Free Physical Therapy | | | |

*Additional Fees Apply