

Revised 12/13/2021

# SEVEN BRIDGES THERAPY POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
5:00am						<b>CLOSED</b>		5:00am			
5:30am		<b>OPEN</b> 5am-8:30am		<b>OPEN</b> 5am-9:30am				5:30am			
6:00am	<b>OPEN</b> 5am-10:00am		<b>OPEN</b> 5am-10:00am		<b>OPEN</b> 5am-10:00am			6:00am			
6:30am									6:30am		
7:00am										7:00am	
7:30am							<b>OPEN</b> 7am-10am	<b>OPEN</b> 7am-4pm	7:30am		
8:00am									8:00am		
8:30am		<b>AQUATONIC</b>						8:30am			
9:00am		<b>AQUATONIC</b>						9:00am			
9:30am		<b>OPEN</b> 9:30 - 11:15		<b>STRETCH n TONE</b>				9:30am			
10:00am	<b>ARTHRITIS</b>			<b>ARTHRITIS</b>	<b>OPEN 10-11:15</b>	<b>ARTHRITIS</b>	<b>STRETCH n TONE</b>		10:00am		
10:30am	<b>ARTHRITIS</b>		<b>ARTHRITIS</b>			<b>ARTHRITIS</b>			10:30am		
11:00am	<b>OPEN</b>	11:15 FIBROMYALGIA	<b>OPEN 11-12</b>	11:15 FIBROMYALGIA	<b>OPEN</b>	<b>OPEN</b> 10:30am-4pm	<b>OPEN</b> 7am - 4pm	11:00am			
11:30am	<b>AQUA MOVES</b>	/ ARTHRITIS 12:15			/ ARTHRITIS 12:15			<b>AQUA MOVES</b>		11:30am	
12:00pm	<b>AQUA MOVES</b>	12:15 AI CHI	<b>AQUA MOVES</b>	12:15 AI CHI	<b>AQUA MOVES</b>				12:00pm		
12:30pm	<b>YOQUA</b>		<b>STRETCH n TONE</b>		<b>YOQUA/STRETCH</b>				12:30pm		
1:00pm		<b>OPEN</b> 12:45pm-3pm		<b>OPEN</b> 12:45pm-3pm						1:00pm	
1:30pm											1:30pm
2:00pm			<b>OPEN</b> 1pm-6pm		<b>OPEN</b> 1pm-9pm					2:00pm	
2:30pm	<b>OPEN</b> 1pm - 6:00pm								2:30pm		
3:00pm		<b>H2O HEALTHY AND FIT</b>				<b>H2O HEALTHY AND FIT</b>			3:00pm		
3:30pm			<b>H2O HEALTHY AND FIT</b>		<b>H2O HEALTHY AND FIT</b>			3:30pm			
4:00pm		<b>OPEN</b> 4pm - 6:00pm		<b>OPEN</b> 4pm- 6:00pm				4:00pm			
4:30pm									4:30pm		
5:00pm						<b>CLOSED</b>		5:00pm			
5:30pm								5:30pm			
6:00pm	<b>H2O HEALTHY AND FIT</b>	<b>WARM WATER</b>	<b>H2O HEALTHY AND FIT</b>	<b>WARM WATER</b>				6:00pm			
6:30pm	<b>H2O HEALTHY AND FIT</b>	<b>SAMPLER</b>	<b>H2O HEALTHY AND FIT</b>	<b>SAMPLER</b>				6:30pm			
7:00pm	<b>OPEN</b> 7:00-9:00pm	<b>OPEN</b> 7:00 - 9:00pm	<b>OPEN</b> 7:00-9:00pm	<b>OPEN</b> 7:00 - 9:00pm				7:00pm			
7:30pm											7:30pm
8:00pm											8:00pm
8:30pm										8:30pm	

January 2 - June 5, 2022



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