

REVISED

begins 5/29/2023

SEVEN BRIDGES THERAPY POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00am	OPEN 5am-	OPEN 5am- 8:30am	OPEN 5am- 9:30am	OPEN 5am- 8:30am	OPEN 5am- 9:30am	CLOSED		5:00am		
5:30am								5:30am		
6:00am								6:00am		
6:30am		6:30am								
7:00am		7:00am								
7:30am		7:30am								
8:00am		8:00am								
8:30am		8:30am								
9:00am		AQUATONIC	AQUATONIC					HYDRO FITNESS		
9:30am	ARTHRITIS	ARTHRITIS	ARTHRITIS	ARTHRITIS	ARTHRITIS		HYDRO PUMP	9:30am		
10:00am	ARTHRITIS	ARTHRITIS	ARTHRITIS	ARTHRITIS	ARTHRITIS	10:15 STRETCH n TONE	HYDRO PUMP 10:15	10:00am		
10:30am	PARK/ARTH	FIBRO/ARTH	PARK/ARTH	FIBRO/ARTH	PARK/ARTH			10:30am		
11:00am	PARK/ARTH	FIBRO/ARTH	PARK/ARTH	FIBRO/ARTH	PARK/ARTH			11:00am		
11:30am	AQUA MOVES	AI CHI	AQUA MOVES	AI CHI	AQUA MOVES			11:30am		
12:00pm	AQUA MOVES	OPEN 12-12:45	AQUA MOVES	OPEN 12-12:45	AQUA MOVES			12:00pm		
12:30pm	STRETCH n TONE	12:45 ARTHRITIS	STRETCH n TONE	12:45 ARTHRITIS	YOQUA/STRETCH			12:30pm		
1:00pm	OPEN 1pm - 5:30pm	ARTHRTIS	OPEN 1:00pm- 5:30pm	ARTHRTIS	OPEN 1pm- 5:30pm	OPEN 10:45am- 6pm	OPEN 10:15am - 6pm	1:00pm		
1:30pm		OPEN		1:45pm- 3:30pm				OPEN	1:45pm- 3:30pm	2:00pm
2:00pm		2:30pm								
2:30pm		3:00pm								
3:00pm		3:30pm								
3:30pm		H2O HEALTHY AND FIT						H2O HEALTHY AND FIT		3:30pm
4:00pm		H2O HEALTHY AND FIT						H2O HEALTHY AND FIT		4:00pm
4:30pm		OPEN 4:30-5:30pm						OPEN 4:30-5:30pm		4:30pm
5:00pm		5:30pm								
5:30pm	WARM WATER	WARM WATER	WARM WATER	WARM WATER	WARM WATER			5:30pm		
6:00pm	SAMPLER	SAMPLER	SAMPLER	SAMPLER	SAMPLER			6:00pm		
6:30pm	H2O HEALTHY AND FIT	AQUA FUNC FIT	H2O HEALTHY AND FIT	AQUA FUNC FIT	OPEN 6:30 -10pm	CLOSED at 6pm		6:30pm		
7:00pm	H2O HEALTHY AND FIT	AQUA FUNC FIT	H2O HEALTHY AND FIT	AQUA FUNC FIT				7:00pm		
7:30pm	OPEN	OPEN	OPEN	OPEN				7:30pm		
8:00pm	7:30-10:00pm	7:30 - 10:00pm	7:30-10:00pm	7:30 - 10:00pm	8:00pm					
8:30pm					8:30pm					
9:00pm					9:00pm					
9:30pm					9:30pm					

May 30 - September 3, 2023



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