



HENDRICK HEALTH CLUB

| Water Aerobics Schedule | | | | | | | Hours of Operation |
|-------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|----------|--|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Sat/ Sun | |
| 6:00am | Aerobics- Level 3 | | Aerobics- Level 3 | | Aerobics- Level 3 | CLOSED | Free Swim 8am-12pm & 1pm-5pm Location: Rehab pool on Hickory Street Pool is only open for water aerobics class participants at set scheduled times <u>Class Descriptions</u> Level 1= Low Level 2= Moderate Level 3= High |
| 7:00am | Senior Splash- Level 1 | | Senior Splash- Level 1 | | Senior Splash- Level 1 | | |
| 10:00am | | Senior Splash- Level 1 | | Senior Splash- Level 1 | | | |
| NOON | Fit Ladies- Level 2 | | Fit Ladies- Level 2 | | Fit Ladies- Level 2 | | |
| 1:15pm | | Senior Splash- Level 1 | | Senior Splash- Level 1 | | | |
| 5:00pm | Aerobics- Level 3 | Aerobics- Level 3 | Aerobics- Level 3 | Aerobics- Level 3 | Aerobics- Level 3 | | |

Pool closes at 5pm for all Rehab Advantage patients.

For free swim availability, call the Rehab pool at 670-6023

