ROSEVILLE HEALTH & WELLNESS CENTER

Aqua Class Schedule

1650 Lead Hill Boulevard, Roseville CA 95661

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am – 7 am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Closed	Closed
7: 55 am	**Aqua Fit** 45 min	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
8:30 am	Class Still in Session	**Deep Water** 45 min	**Aqua Fit** 45 min	**Senior/Aqua Fit** 45 min	Open Lanes	Open Lanes	Open Lanes
8:40 am	**Senior Fit** 45 min	Class Still in Session	Class Still in Session	Class Still in Session	**Aqua Fit** 45 min	Open Lanes	Open Lanes
9:30 am	PT REHAB	**Senior/ Aqua Fit** 45 min	PT REHAB	**Senior/ Aqua Fit** 45 min	PT REHAB	**Aqua Fit** 45 min	Open Lanes
10:15 am	PT REHAB	PT REHAB	PT REHAB	PT REHAB	PT REHAB	Class still in Session	Open Lanes
12:30 pm	PT REHAB	Open Lanes	PT REHAB	Open Lanes	PT REHAB	**Family Swim 11am – 2 pm**	**Family Swim 11am – 2 pm**
1:00 pm	PT REHAB	**Joint Effort** 45 min	PT REHAB	**Joint Effort** 45 min	PT REHAB	**Family Swim 11am – 2 pm**	**Family Swim 11am – 2 pm**
1:30 pm	**Arthritis Basic** 45 min	Class Still in Session	**Joint Effort** 45 min	Class Still in Session	Open Lanes	**Family Swim 11am – 2 pm**	**Family Swim 11am – 2 pm**
1:55 pm	Class Still in Session	**Arthritis Plus** 45 min		**Arthritis Plus** 45 min	Open Lanes	**Family Swim 11am – 2 pm**	**Family Swim 11am – 2 pm**
2:15 pm	Open Lanes	Class in session	Open Lanes	Class in session	Open Lanes	Open Lanes	Open Lanes
3:00 pm	Open Lanes	PT REHAB	Open Lanes	PT REHAB	Open Lanes	Open Lanes	Open Lanes
5:00 pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
5:30 pm	**Aqua Fit** 45 min	**Aqua Fit/ Moms in Motion** 45 min	**Aqua Fit** 45 min	**Aqua Fit/ Moms in** Motion 45 min	**Water Relaxation** 1st and 3rd Friday 45 min	Open Lanes	Open Lanes
6:15 pm – 9 pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes