



ROSEVILLE
HEALTH & WELLNESS
CENTER

Aqua Class Schedule

1650 Lead Hill Boulevard, Roseville CA 95661

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
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	Aqua Fit 45 min	Aqua Fit 45 min	Open Lanes
8:40 am	Senior Fit 45 min	Class Still in Session	Class Still in Session	Class Still in Session	Class Still in Session	Class Still in Session	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	Arthritis Basic 45 min	PT REHAB	Arthritis Basic/ Plus 45 min	PT REHAB	Family Swim 11am – 2 pm	Family Swim 11am – 2 pm
1:45 pm	Joint Effort 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	Joint Effort 45 min	Class Still in Session	Joint Effort 45 min	Open Lanes	Family Swim 11am – 2 pm	Family Swim 11am – 2 pm
2:30 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 1 st and 3 rd Friday 45 min	Pool Closed	Pool Closed
6:15 pm – 9 pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Pool Closed	Pool Closed

