

## Zacharias Ganey Health Institute Aquatics Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM							
8:00 AM		<b>Cont. Water Workout DS 8:00</b> S	Deep Water DS 8:00 D	<b>Cont. Water Workout DS 8:00</b> S	<b>Cont. Water Workout DS 8:00</b> S	Deep Water EIP 8:00 D	High Intensity Water SR 8:30 D
9:00 AM		Low Impact Water SR 9:00 S	<b>WM Water Workout 9:30</b> S	Low Impact Water DS 9:00 S	<b>WM Water Workout 9:30</b> S	Low Impact Water JW S	<b>Cont. Water Workout</b> S
10:00 AM			Low Impact Arthritis JW 10:30 S	Stretch & Tone DS 10:00 S	Stretch & Tone DS 10:30 S	Tai Chi JF 10-10:45 S	<b>WM Water Workout</b> S
11:00 AM			Stretch & Tone DS 11:45-12:45 S		Low Impact Arthritis JW 11:30 S		Beg. Swim JW 11:30 S
12:00 PM						AquaZumba DSB 12-12:45 S	Splash & Burn EIP 12:30 S
1:00 PM							
2:00 PM	Stretch & Tone DS S		Low Impact Water AS 2:30 S		Low Impact Water ME 2:30 S		
3:00 PM							
4:00 PM		Stretch & Tone DS 4:15-5:15 S		Stretch & Tone DS 4:30 S			
5:00 PM			Splash & Burn EIP 5:00-6:00 S	Deep Water DS 5:30-6:15 D	Deep Water EIP 5:30-6:15 D		
6:00 PM		Deep Water EIP 5:30-6:15 D	<b>WM Water Workout 6:00</b> S		<b>WM Water Workout 6:30</b> S	Splash & Burn 6:15-7:15 EIP S	
7:00 PM		Splash & Burn EIP 6:15-7:15 S					
8:00 PM					Line Dance WJ 7:30-8:15 S		

Updated 4-27-2012

### Pool Hours:

Monday-Thursday 7:15am - 8:15pm  
 Friday 7:15am - 7:15pm  
 Saturday 7:30am - 3:00pm  
 Sunday 12:30pm - 4:00pm

### Pool Area Used:

D - Deep Area  
 S - Shallow Area

### Instructors:

AS-Ashley Simpson      EIP-Elizabeth Perry      SR-Sallie Rhett  
 DSB-Daniela              JF-Jack Fuller              WJ-Walter Jones  
    Storz-Berrocales          JW-John Woods  
 DS-Diane Simmons      ME-Mary Elfner

Water Workout Classes reserved to Weight Management and Continuation program members only.  
 All other classes open to all membership types.