

# Island Health Fitness Warm Water Pool Schedule

Summer 2010

Effective Monday, June 21st

Schedules subject to change due to member interest and instructor availability

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Wakeup With Judy 6:00am-7:00am	Jammin' With Jamie 6:30am-7:30am	Water Wakeup With Judy 6:00am-7:00am	Jammin' With Jamie 6:30am-7:30am	Water Wakeup With Judy 6:00am-7:00am		
Aqualates with Tamara 8:00am - 9:00am	Morning Aerobics With Tamara 8:15am-9:00am		Morning Aerobics With Tamara 8:15am-9:00am			
CMC PHYSICAL THERAPY 9:00am-10:00am	Arthritis Aquatics With Tamara 9:05am-9:50am	CMC PHYSICAL THERAPY 9:00am-10:00am	Arthritis Aquatics With Tamara 9:05am-9:50am	CMC PHYSICAL THERAPY 9:00am-10:00am		
Aqua Easy With Linda 10:15am-11:00am	Aqua Easy with Christie 10:15am-11:00am	Aqua Easy With Christie 10:15am-11:00am	Aqua Easy With Christie 10:15am-11:00am	Aqua Easy With Marisa 10:15am-11:00am		
CMC PHYSICAL THERAPY 11:15am-12:15pm		CMC PHYSICAL THERAPY 11:15am-12:15pm	Aqualates with Judy 11:15am - 12:15pm	CMC PHYSICAL THERAPY 11:15am-12:15pm		
CMC PHYSICAL THERAPY 12:30pm-1:30pm		CMC PHYSICAL THERAPY 12:30pm-1:30pm		CMC PHYSICAL THERAPY 12:30pm-1:30pm		
	CMC PHYSICAL THERAPY 2:30pm-3:30pm		CMC PHYSICAL THERAPY 2:30pm-3:30pm			
	CMC PHYSICAL THERAPY 4:30pm-5:30pm		CMC PHYSICAL THERAPY 4:30pm-5:30pm			
	CCHL Bariatric Aquatic Excercise 5:30 - 6:30pm	Aqua-Fit With Jen 6:00pm - 6:45pm	CCHL Bariatric Aquatic Excercise 5:30 - 6:30pm			

**PLEASE NOTE: During CMC Physical Therapy class times, members will still have access to the the deep end of the Warm Pool, the Lap pool and Whirlpool spa!!!**