POOL SCHEDULE – MEDICAL MALL WELLNESS CENTER FEBRUARY 2010

Website: www.hsvwellness.org E-mail: wellnessctr@hhsys.org (256) 265-7100

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 – 4:45 p.m. 2 Lap Lanes/ Independent Exercise **NOTE:** **Pool Closed for Maintenance**: Wednesday 8:30 p.m. Thursday 1:30 – 3:30 p.m.	**5:00 – 8:25 a.m.** Lap Swimming/ Independent Exercise **8:30 – 9:30 a.m.** Aquacise – Libby **9:35 – 11:00 a.m.** 1 lap lane/ Independent Exercise **11:00 – 1:00 p.m.** Lap Swimming **1:00 – 4:25 p.m.** 1 Lap Lane/ Independent Exercise **4:30 – 5:30 p.m.** Aquacise – Betty **5:35 – 9:15 p.m.** Lap Swimming	**5:00 – 8:25 a.m.** Lap Swimming/ Independent Exercise **8:30 – 9:30 a.m.** Aquacise – Angie **9:35 – 11:00 a.m.** 1 Lap Lane/ Independent Exercise **11:00 – 1:00 p.m.** Lap Swimming **1:00 – 5:55 p.m.** 1 Lap Lane/ Independent Exercise **6:00 – 7:00 p.m.** Aquacise - Sun **7:05 – 9:15 p.m.** Lap Swimming	**5:00 – 8:25 a.m.** Lap Swimming/ Independent Exercise **8:30 – 9:30 a.m.** Aquacise – Susan **9:35 – 11:00 a.m.** 1 lap lane/ Independent Exercise **11:00 – 1:00 p.m.** Lap Swimming **1:00 – 4:25 p.m.** 1 Lap Lane/ Independent Exercise **4:30 – 5:30 p.m.** Aquacise – Summer **5:35 – 8:30 p.m.** Lap Swimming **8:30 p.m.** Pool Closed for Maintenance	**5:00 – 8:25 a.m.** Lap Swimming/ Independent Exercise **8:30 – 9:30 a.m.** Aquacise – Grace **9:35 – 11:00 a.m.** 1 Lap Lane/ Independent Exercise **11:00 – 1:30 p.m.** Lap Swimming **1:30 – 3:30 p.m.** Pool Closed for Maintenance **3:30 – 5:55 p.m.** 2 Lap Lanes/ Independent Exercise **6:00 – 7:00 p.m.** POWER Aquacise Suzie **7:05 – 9:15 p.m.** Lap Swimming	**5:00 – 8:25 a.m.** Lap Swimming/ Independent Exercise **8:30 – 9:30 a.m.** Aquacise- Libby **9:35 – 11:00 a.m.** 1 lap lane/ Independent Exercise **11:00 – 1:00 p.m.** Lap Swimming **1:00 – 4:25 p.m.** 1 Lap Lane/ Independent Exercise **4:30 – 5:30 p.m.** Aquacise – Jan **5:35 – 7:45 p.m.** Lap Swimming	**7:00 – 8:35 a.m.** Lap Swimming **8:40 – 9:40 a.m.** Aquacise – Jan **9:45 – 5:45 p.m.** 2 Lap Lanes/ Independent Exercise

POOL