

January 2021 AQUA



Wellness Center's

Hours:

MONDAY—FRIDAY

5:15AM— 8PM

SATURDAY

7AM— 3pm

SUNDAY

10AM—3PM

Child Care Hours:

Reservation Required
Call 540-564-5686.

Mornings

M- Fri 8:15am-1pm
Sat: 8:15am-12 noon

Afternoons

M-Th: 4:15pm-7pm
www.RMHWellnessCenter.com

**All classes 45
minutes**

Phone: 564-5682

Group Fitness Coordinator: 564-5146

Fitness Manager: 540.564.5694

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
PRE-REGISTRATION REQUIRED FOR ALL CLASSES						
27 Hours: 10-3p	28 8:15 Making Waves —Melissa 9:30 Making Waves — Chriss 1p Aqua Fit — Gina 5:30 Aqua Fit — Krista	29 8:15 Aqua Fit — Gina 9:30 Aqua Deep — Melissa	30 8:15 Making Waves — Chriss	31 Hours: 7a—5p No Classes Happy New	January 1, 2021 Hours: 10a—5p No Classes Happy New Year!!	2 9:30 Making Waves — Carly
3 Hours: 10-3p	4 8:15 Making Waves — Melissa 9:30 Making Waves -Heather 1p Aqua Fit — Gina 5:30 Aqua Fit — Krista	5 8:15 Aqua Fit — Gina 9:30 Aqua Deep — Carly	6 8:15 Making Waves — Chriss 9:30 Making Waves — Chriss 1p Aqua Fit — Gina 5:30 Aqua Deep — Nancy	7 8:15 Aqua Deep — Carly 9:30 Aqua Deep — Melissa	8 8:15 Making Waves — Heather 9:30 Making Waves — Melissa	9 9:30 Making Waves — Lori
10 Hours: 10-3p	11 8:15 Making Waves — Melissa 9:30 Making Waves — Carly 1p Aqua Fit — Gina 5:30 Aqua Fit — Krista	12 8:15 Aqua Fit — Krista 9:30 Aqua Deep — Gina	13 8:15 Making Waves — Jenna 9:30 Making Waves -Heather 1p Aqua Fit — Gina 5:30 Aqua Deep — Chriss	14 8:15 Aqua Deep — Melissa 9:30 Aqua Deep — Carly	15 8:15 Making Waves — Heather 9:30 Making Waves — Melissa	16 9:30 Making Waves — Nancy
17 Hours: 10-3p	18 8:15 Making Waves — Melissa 9:30 Making Waves - Heather 1p Aqua Fit — Gina 5:30 Aqua Fit — Chriss	19 8:15 Aqua Fit — Gina 9:30 Aqua Deep — Carly	20 8:15 Making Waves — Chriss 9:30 Making Waves — Chriss 1p Aqua Fit — Gina 5:30 Aqua Deep — Nancy	21 8:15 Aqua Deep — Carly 9:30 Aqua Deep — Melissa	22 8:15 Making Waves — Heather 9:30 Making Waves — Melissa	23 9:30 Making Waves — Lori
24 Hours: 10-3p	25 8:15 Making Waves — Melissa 9:30 Making Waves — Carly 1p Aqua Fit — Gina 5:30 Aqua Fit — Krista	26 8:15 Aqua Fit — Nancy 9:30 Aqua Deep — Gina	27 8:15 Making Waves — Jenna 9:30 Making Waves — Nancy 1p Aqua Fit—Gina 5:30 Aqua Deep — Nancy	28 8:15 Aqua Deep — Melissa 9:30 Aqua Deep — Carly	29 8:15 Making Waves — Heather 9:30 Making Waves — Melissa	30 9:30 Making Waves — Nancy
31 Hours: 10-3p	Please login to the member portal at rmhwellnesscenter.com. If you need assistance please call 540.564.5682 or 540.564.5694					