

October 2021 Aqua



Wellness Center's

Hours:

MONDAY—FRIDAY

5:15AM— 8PM

SATURDAY

7AM— 5pm

SUNDAY

10AM—5PM

Child Care Hours:

**Reservation Required
Call 540-564-5686.**

Mornings

M- Fri 8:15am-1pm

Sat: 8:15am-12 noon

Afternoons

M-Th: 4:30pm-7pm

Phone: 564-5682

All classes 45 minutes

www.RMHWellnessCenter.com

Group Fitness Coordinator:

564-5146

Fitness Manager: 540.564.5694

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Sep 26 Hours: 10-5p	27 8:15 Making Waves—Carly 9:30 Making Waves—Nancy 1p Aqua Fit—Gina 5:45 Aqua Deep—Chriss	28 8:15 Aqua Deep—Gina 9:30 Aqua Deep—Carly	29 8:15 Making Waves—Chriss 9:30 Making Waves—Carly 1p Aqua Fit—Gina 5:45 Aqua Deep—Nancy	30 8:15 Aqua Deep—Carly 9:30 Aqua Deep—Gina	Oct 1 8:15 Making Waves—Gina 9:30 Making Waves—Chriss	Oct 2 9:30 Making Waves—Chriss
3 Hours: 10-5p	4 8:15 Making Waves—Carly 9:30 Making Waves—Heather 1p Aqua Fit—Gina 5:45 Aqua Deep—Chriss	5 8:15 Aqua Deep—Gina 9:30 Aqua Deep—Carly	6 8:15 Making Waves—Chriss 9:30 Making Waves—Carly 1p Aqua Fit—Gina 5:45 Aqua Deep—Heather	7 8:15 Aqua Deep—Carly 9:30 Aqua Deep—Gina	8 8:15 Making Waves—Gina 9:30 Making Waves—Chriss	9 9:30 Making Waves—Lori
10 Hours: 10-5p	11 8:15 Making Waves—Carly 9:30 Making Waves—Heather 1p Aqua Fit—Gina 5:45 Aqua Deep—Chriss	12 8:15 Aqua Deep—Gina 9:30 Aqua Deep—Heather	13 8:15 Making Waves—Chriss 9:30 Making Waves—Carly 1p Aqua Fit—Gina 5:45 Aqua Deep—Heather	14 8:15 Aqua Deep—Carly 9:30 Aqua Deep—Gina	15 8:15 Making Waves—Gina 9:30 Making Waves—Chriss	16 9:30 Making Waves—Chriss
17 Hours: 10-5p	18 8:15 Making Waves—Carly 9:30 Making Waves—Heather 1p Aqua Fit—Gina 5:45 Aqua Deep—Chriss	19 8:15 Aqua Deep—Gina 9:30 Aqua Deep—Carly	20 8:15 Making Waves—Chriss 9:30 Making Waves—Carly 1p Aqua Fit—Nancy 5:45 Aqua Deep—Nancy	21 8:15 Aqua Deep—Carly 9:30 Aqua Deep—Gina	22 8:15 Making Waves—Nancy 9:30 Making Waves—Gina	23 9:30 Making Waves—Lori
24 Hours: 10-5p	25 8:15 Making Waves—Carly 9:30 Making Waves—Nancy 1p Aqua Fit—Gina 5:45 Aqua Deep—Chriss	26 8:15 Aqua Deep—Gina 9:30 Aqua Deep—Carly	27 8:15 Making Waves—Chriss 9:30 Making Waves—Carly 1p Aqua Fit—Nancy 5:45 Aqua Deep—Nancy	28 8:15 Aqua Deep—Carly 9:30 Aqua Deep—Gina	29 8:15 Making Waves—Nancy 9:30 Making Waves—Gina	30 9:30 Making Waves—Nancy