

November 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
Oct 24 Hours: 10-5p	25 8:15 Making Waves—Carly 9:30 Making Waves—Nancy 1p Aqua Fit—Nancy 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—Gina 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
Oct 31 Hours: 10-5p	Nov 1 8:15 Making Waves—Melissa 9:30 Making Waves—Nancy 1p Aqua Fit—Gina 5:45 Aqua Deep—Chriss	2 8:15 Aqua Deep—Gina 9:30 Aqua Deep—Melissa	3 8:15 Making Waves—Chriss 9:30 Making Waves—Chriss 1p Aqua Fit—Gina 5:45 Aqua Deep—Melissa	4 8:15 Aqua Deep—Heather 9:30 Aqua Deep—Chriss	5 8:15 Making Waves—Krista 9:30 Making Waves—Chriss	6 9:30 Making Waves—Lori
7 Hours: 10-5p	8 8:15 Making Waves—Melissa 9:30 Making Waves—Heather 1p Aqua Fit—Carly 5:45 Aqua Deep—Chriss	9 8:15 Aqua Deep—Carly 9:30 Aqua Deep—Heather	10 8:15 Making Waves—Carly 9:30 Making Waves—Chriss 1p Aqua Fit—Carly 5:45 Aqua Deep—Heather	11 8:15 Aqua Deep—Carly 9:30 Aqua Deep—Heather	12 8:15 Making Waves—Chriss 9:30 Making Waves—Carly	13 9:30 Making Waves—Lori
14 Hours: 10-5p	15 8:15 Making Waves—Carly 9:30 Making Waves—Nancy 1p Aqua Fit—Gina 5:45 Aqua Deep—Nancy	16 8:15 Aqua Deep—Gina 9:30 Aqua Deep—Melissa	17 8:15 Making Waves—Nancy 9:30 Making Waves—Chriss 1p Aqua Fit—Gina 5:45 Aqua Deep—Melissa	18 8:15 Aqua Deep—Melissa 9:30 Aqua Deep—Gina	19 8:15 Making Waves—Chriss 9:30 Making Waves—Melissa	20 9:30 Making Waves—Lori
21 Hours: 10-5p	22 8:15 Making Waves—Carly 9:30 Making Waves—Melissa 1p Aqua Fit—Gina 5:45 Aqua Deep—Heather	23 8:15 Aqua Deep—Gina 9:30 Aqua Deep—Carly	24 No Classes Hours: 7am—1pm	25 CLOSED Happy Thanks- giving!	26 No Classes Hours: 7am—5pm	27 9:30 Making Waves— Nancy