

August 2022 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

Gentle Wave & Yoqua

Located in the Warm Water Pool

www.RMHWellnessCenter.com

Group Fitness Coordinator:
564-5146

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
AUGUST 1 8:15 Making Waves—Carly 9:30 Making Waves—Nancy 1p Aqua Fit—Gina 5:45 Aqua Deep—Nancy	2 8:15 Gentle Wave—Nancy 9:30 Aqua Deep—Gina	3 8:15 Making Waves—Nancy 9:30 Making Waves—Chriss 1p Aqua Fit—Gina 5:45 Aqua Deep—Kathy	4 8:15 Aqua Fit—Carly 9:30 Aqua Deep—Gina 5:45 Yoqua—Rebecca	5 8:15 Making Waves—Melissa 9:30 Making Waves—Nancy 10:30 Gentle Waves—Carly	6 9:30 Making Waves—Lori
8 8:15 Making Waves—Melissa 9:30 Making Waves—Carly 1p Aqua Fit—Gina 5:45 Aqua Deep—Nancy	9 8:15 Gentle Wave—Carly 9:30 Aqua Deep—Gina	10 8:15 Making Waves—Melissa 9:30 Making Waves—Carly 1p Aqua Fit—Gina 5:45 Aqua Deep—Kathy	11 8:15 Aqua Fit—Nancy 9:30 Aqua Deep—Gina 5:45 Yoqua—Nancy	12 8:15 Making Waves—Nancy 9:30 Making Waves—Chriss 10:30 Gentle Waves—Carly	13 9:30 Making Waves—Nancy
15 8:15 Making Waves—Carly 9:30 Making Waves—Nancy 1p Aqua Fit—Nancy 5:45 Aqua Deep—Melissa	16 8:15 Gentle Wave—Nancy 9:30 Aqua Deep—Nancy	17 8:15 Making Waves—Carly 9:30 Making Waves—Melissa 1p Aqua Fit—Jay 5:45 Aqua Deep—Kathy	18 8:15 Aqua Fit—Chriss 9:30 Aqua Deep—Kathy 5:45 Yoqua—Rebecca	19 8:15 Making Waves—Melissa 9:30 Making Waves—Chriss 10:30 Gentle Waves—Chriss	20 9:30 Making Waves—Melissa
22 8:15 Making Waves—Melissa 9:30 Making Waves—Chriss 1p Aqua Fit—Gina 5:45 Aqua Deep—Melissa	23 8:15 Gentle Wave—Chriss 9:30 Aqua Deep—Gina	24 8:15 Making Waves—Carly 9:30 Making Waves—Melissa 1p Aqua Fit—Nancy 5:45 Aqua Deep—Nancy	25 8:15 Aqua Fit—Carly 9:30 Aqua Deep—Nancy 5:45 Yoqua—Nancy	26 8:15 Making Waves—Nancy 9:30 Making Waves—Carly 10:30 Gentle Waves—Carly	27 9:30 Making Waves—Lori
29 8:15 Making Waves—Carly 9:30 Making Waves—Nancy 1p Aqua Fit—Nancy 5:45 Aqua Deep—Melissa	30 8:15 Gentle Wave—Carly 9:30 Aqua Deep—Gina	31 8:15 Making Waves—Nancy 9:30 Making Waves—Melissa 1p Aqua Fit—Gina 5:45 Aqua Deep—Kathy	JULY 28 8:15 Aqua Fit—Carly 9:30 Aqua Deep—Gina 5:45 Yoqua—Rebecca	JULY 29 8:15 Making Waves—Carly 9:30 Making Waves—Chriss 10:30 Gentle Waves—Carly	JULY 30 9:30 Making Waves—Chriss