

September 2022 Aqua

Group Fitness Schedule



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

540-564-5682

Group Fitness Coordinator: Chriss
540-564-5146

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
AUGUST 29 8:15 Making Waves—Carly 9:30 Making Waves—Nancy 1p Aqua Fit—Nancy 5:45 Aqua Deep—Melissa LAST CLASS!	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	SEPTEMBER 1 8:15 Aqua Fit—Nancy 9:30 Aqua Deep—Nancy 5:45 Yoqua—Nancy	2 8:15 Making Waves—Melissa 9:30 Making Waves—Nancy 10:30 Gentle Wave—Nancy	3 9:30 Making Waves—Nancy
5 Happy Labor Day! No Classes! Hours: 7am-5pm	6 8:15 Gentle Wave —Nancy 9:30 Aqua Deep—Nancy	7 8:15 Making Waves—Chriss 9:30 Making Waves—Carly 1p Aqua Fit—Gina 5:45 Aqua Deep—Kathy	8 8:15 Aqua Fit—Carly 9:30 Aqua Deep—Kathy 5:45 Yoqua—Rebecca	9 8:15 Making Waves—Jay 9:30 Making Waves—Chriss 10:30 Gentle Wave—Chriss	10 9:30 Making Waves—Melissa
12 8:15 Making Waves—Melissa 9:30 Making Waves—Chriss 1p Aqua Fit—Gina	13 8:15 Gentle Wave —Carly 9:30 Aqua Deep—Chriss	14 8:15 Making Waves—Chriss 9:30 Making Waves—Carly 10:30 Gentle Wave—Carly 1p Aqua Fit—Gina 5:45 Aqua Deep—Melissa	15 8:15 Aqua Fit—Carly 9:30 Aqua Deep—Chriss 5:45 Yoqua—Chriss	16 8:15 Making Waves—Melissa 9:30 Making Waves—Carly 10:30 Gentle Wave—Carly	17 9:30 Making Waves—Melissa
19 8:15 Making Waves—Melissa 9:30 Making Waves—Chriss 1p Aqua Fit—Gina	20 8:15 Gentle Wave —Melissa 9:30 Aqua Deep—Nancy	21 8:15 Making Waves—Melissa 9:30 Making Waves—Nancy 10:30 Gentle Wave—Carly 1p Aqua Fit—Gina 5:45 Aqua Deep—Kathy	22 8:15 Aqua Fit—Carly 9:30 Aqua Deep—Nancy 5:45 Yoqua—Nancy	23 8:15 Making Waves—Nancy 9:30 Making Waves—Carly 10:30 Gentle Wave—Carly	24 9:30 Making Waves—Lori
26 8:15 Making Waves—Melissa 9:30 Making Waves—Nancy 1p Aqua Fit—Jay	27 8:15 Gentle Wave —Melissa 9:30 Aqua Deep—Nancy	28 8:15 Making Waves—Melissa 9:30 Making Waves—Nancy 10:30 Gentle Wave—Carly 1p Aqua Fit—Gina 5:45 Aqua Deep—Nancy	29 8:15 Aqua Fit—Carly 9:30 Aqua Deep—Nancy 5:45 Yoqua—Nancy	30 8:15 Making Waves—Chriss 9:30 Making Waves—Carly 10:30 Gentle Wave—Carly	OCTOBER 1 9:30 Making Waves—Nancy