



Arthur & Gloria  
**Muselman**  
 Wellness Pavilion

**Weeks of January 4th — March 26th Class Schedule (Water Based)**

\*\*\*Subject to change due to participation and levels of interest.

Mon	Tue	Wed	Thu	Fri
6:00-6:45 a.m. MD Water Aerobics		6-6:45 a.m. MD Water Aerobics		6:00-6:45 a.m. MD Water Aerobics
8:00-8:45 a.m. AL Water Aerobics		8-8:45 a.m. SF Water Aerobics		8:00-8:45 a.m. SF Water Aerobics
9:00-9:30 a.m. SF Water Walking	9:00-9:45 a.m. MN Water Walking	9:00-9:30 a.m. SF Water Walking	9:00-9:45 a.m. MN Water Walking	
9:30-10:15 a.m. SF Arthritis H <sub>2</sub> O	9:45-10:15 a.m. MN Water Toning	9:30-10:15 a.m. SF Arthritis H <sub>2</sub> O	9:45-10:15 a.m. MN Water Toning	9:30-10:15 a.m. SF Arthritis H <sub>2</sub> O
1:00-5:00pm <b>SPA DRAINED</b> (Mondays only)	10:15-10:55 a.m. ***Swim lessons  5:00-5:40 p.m. ***Swim lessons		10:15-10:55 a.m. ***Swim lessons  5:00-5:40 p.m. ***Swim lessons	
	6:15—7:00p.m. AL Advanced Water Walking			
7:00-8:00 p.m. DS Advanced Water Aerobics	7:00-8:00 p.m. DS Advanced Water Aerobics		7:00-8:00 p.m. MN Advanced Water Aerobics	

Pool will be **CLOSED** during **evening** swim lessons on Tuesday and Thursdays from February 2—February 25. **Child Watch Hours Available** Mon.—Fri. 10am—12pm

Note: Classes with \*\*\* are available for an additional fee

Mon.—Thurs. 5—7pm

Instructors: MD = Margie Dobler SF = Stacy Ford MN = Marie Nussbaum AL = Alison Lipina DS = Donna Stout