



# Aquatic Fitness Schedule

## July 2025



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 - 6:15am <b>SWIM BIKE RUN</b> 2 lanes for members		5:15 - 6:15am <b>SWIM BIKE RUN</b> 2 lanes for members		5:15 - 6:15am <b>SWIM BIKE RUN</b> 2 lanes for members		
6:15 - 8:00am <b>OPEN SWIM</b>	5:15 - 9:30am <b>OPEN SWIM</b>	6:15 - 8:00am <b>OPEN SWIM</b>	5:15 - 9:30am <b>OPEN SWIM</b>	6:15 - 8:00am <b>OPEN SWIM</b>		
8:00 - 9:00am <b>AQUA FIT</b>		8:00 - 9:00am <b>AQUA FIT</b>		8:00 - 9:00am <b>AQUA FIT</b>	7:00am - 2:00pm <b>OPEN SWIM</b>	
9:30 - 10:30am <b>AQUA FIT</b>	9:30 - 10:30am <b>AQUA FIT</b>	9:30 - 10:30am <b>AQUA FIT</b>	9:30 - 10:30am <b>AQUA FIT</b>	9:30 - 10:30am <b>AQUA FIT</b>		
11:00 - 1:00pm <b>MAKE A SPLASH SWIM SCHOOL*</b> 3 lanes for members	11:00 - 1:30pm <b>MAKE A SPLASH SWIM SCHOOL*</b> 3 lanes for members	11:00 - 1:00pm <b>MAKE A SPLASH SWIM SCHOOL*</b> 3 lanes for members	11:00 - 1:00pm <b>MAKE A SPLASH SWIM SCHOOL*</b> 3 lanes for members			
1:00 - 6:00pm <b>OPEN SWIM</b>	1:30 - 3:30pm <b>OPEN SWIM</b>	1:00 - 6:00pm <b>OPEN SWIM</b>	1:30 - 3:30pm <b>OPEN SWIM</b>	10:30 - 6:00pm <b>OPEN SWIM</b>		12:00 - 4:00pm <b>OPEN SWIM</b>
6:00 - 7:00pm <b>PURE ENERGY</b>	3:30 - 7:45pm <b>MAKE A SPLASH SWIM SCHOOL*</b> 3 lanes for members	6:00 - 7:00pm <b>PURE ENERGY</b>	3:30 - 7:45pm <b>MAKE A SPLASH SWIM SCHOOL*</b> 3 lanes for members	6:00 - 7:00pm <b>PURE ENERGY</b>		
7:00 - 8:00pm <b>OPEN SWIM</b>		7:00 - 8:00pm <b>OPEN SWIM</b>		7:00 - 8:00pm <b>OPEN SWIM</b>		

### Class Descriptions

*Two lap lanes are open during classes.*

**Aqua Fit:** Aqua Fit provides an excellent low-impact workout to individuals of all abilities and ages. Aqua Fit exercises are designed to relieve stress on the joints while improving flexibility, strength, and cardiovascular endurance.

*Instructors: Tammi, Ronda, Janna*

**Pure Energy:** A high-energy water aerobics class with resistance training exercises for the upper body, lower body, and core. Exercises in both shallow water and deep water are designed to improve strength and endurance.

*Instructors: Reid, Kaden*

### Swim Lessons & Coaching

**\*Make a Splash Swim School:** Swim lessons for all ages under the direction of Coach Janna Tobergte. Requires pre-registration and enrollment fee.

**Swim, Bike, Run:** For more information, join the Swim Bike Run Murray Facebook group: [www.facebook.com/groups/sbrmurray](https://www.facebook.com/groups/sbrmurray).

**Private Swim Instruction:** Experience one-on-one swim instruction with Coach Janna Tobergte. Purchase 5, 10, or 15 training sessions and get incremental discounts. Call 270-762-1348 for prices and reservations.

#### **NO ONE IS ALLOWED IN THE POOL AREA ALONE**

If you find yourself in the pool alone, call the front desk:  
270-762-1348

**Facility Hours: Monday-Friday 5am - 8pm | Saturday 7am - 2pm | Sunday 12pm - 4pm**  
**270-762-1348 | [www.mcchwellness.com](http://www.mcchwellness.com) | 716 Poplar St. Murray, KY 42071**