



Aquatic Fitness Schedule

December 2023



Follow us on Facebook: [murraywellnesscenter](https://www.facebook.com/murraywellnesscenter) Instagram: [centerhw](https://www.instagram.com/centerhw)

Facility Hours

Monday - Friday 5:00 AM – 8:00 PM

Saturday 7:00 AM – 2:00 PM

Sunday 12:00 PM – 4:00 PM

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|
| Swim, Bike, Run 5:15 - 6:15am 2 lanes for members | MYST 6:00 – 7:00am 2 lanes for members | Swim, Bike, Run 5:15 - 6:15am 2 lanes for members | MYST 6:00 – 7:00am 2 lanes for members | Swim, Bike, Run 5:15 - 6:15am 2 lanes for members | MCHST 7:30 – 9:30am 2 lanes for members |
| Open Swim 6:15 - 8:00am | Open Swim 7:00 - 9:30am | Open Swim 6:15 - 8:00am | Open Swim 7:00 - 9:30am | Open Swim 6:15 - 8:00am | |
| Aqua Fit 8:00 - 9:00am | | Aqua Fit 8:00 - 9:00am | | Aqua Fit 8:00 - 9:00am | |
| Aqua Fit 9:30 - 10:30am | Aqua Fit 9:30 - 10:30am | Aqua Fit 9:30 - 10:30am | Aqua Fit 9:30 - 10:30am | Aqua Fit 9:30 - 10:30am | Open Swim 9:30am- 12:00pm |
| Make a Splash* 11:00am - 1:00pm 3 lanes for members | Make a Splash* 11:00am - 1:00pm 3 lanes for members | Make a Splash* 11:00am - 1:00pm 3 lanes for members | Make a Splash* 11:00am - 1:00pm 3 lanes for members | Open Swim 10:30am - 3:15pm | SUNDAY |
| Open Swim 1:00 - 3:15pm | Open Swim 1:00 - 3:15pm | Open Swim 1:00 - 3:15pm | Open Swim 1:00 - 3:15pm | | Open Swim 12:00 - 4:00pm |
| *Pool Closed* 3:15 - 5:45pm MYST, Murray Youth Swim Team Practice | | | | | |
| Pure Energy 6:00 - 7:00pm | Make a Splash* 5:45 – 7:45pm 3 lanes for members | Pure Energy 6:00 - 7:00pm | Make a Splash* 5:45 – 7:45pm 3 lanes for members | Pure Energy 6:00 - 7:00pm | |
| MCHST 7:00 – 8:00pm 2 lanes for members | | MCHST 7:00 – 8:00pm 2 lanes for members | | MCHST 7:00 – 8:00pm 2 lanes for members | |

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.

Instructor: Tammi, Ronda, Janna, Sarah

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. *Instructor: Reid, Sarah*

NO ONE IS ALLOWED IN THE POOL AREA ALONE.

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

If there are no staff members available to supervise, you will be required to exit the pool deck.

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.

Murray Youth Swim Team (MYST) offers a year round competitive swim team at the Wellness Center with high quality professional coaching and technique instruction for all ages and abilities. For information about the swim team please email Head Coach Sara Smith at coach.sara.myst@gmail.com

Swim, Bike, Run: For more information, join the Swim Bike Run Murray Facebook group: 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.

Call 270-762-1348 for more information.

Visit us at www.mcchwellness.com