

# Aquatic Fitness Schedule

## June 2026

center for  
**Health & Wellness**  
MURRAY-CALLOWAY COUNTY HOSPITAL

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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>		
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>	7:00am - 2:00 pm <b>OPEN SWIM</b>	
11:00 - 12:30pm <b>SWIM SCHOOL*</b> 3 lanes for members	11:00 - 1:00pm <b>SWIM SCHOOL*</b> 3 lanes for members	11:00 - 12:30pm <b>SWIM SCHOOL*</b> 3 lanes for members	11:00 - 1:00pm <b>SWIM SCHOOL*</b> 3 lanes for members			12 - 4 pm <b>OPEN SWIM</b>
12:30 - 6:00pm <b>OPEN SWIM</b>	1:00 - 3:00pm <b>OPEN SWIM</b>	12:30 - 6:00pm <b>OPEN SWIM</b>	1:00 - 3:00pm <b>OPEN SWIM</b>	10:30 - 6:00pm <b>OPEN SWIM</b>		
6:00 - 7:00pm <b>PURE ENERGY</b>	3:00 - 7:45pm <b>SWIM SCHOOL*</b>	6:00 - 7:00pm <b>PURE ENERGY</b>	3:00 - 7:45pm <b>SWIM SCHOOL*</b>	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>		



Scan to access the  
[Member Self-Service Portal](#)

### 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*

### Swim Lessons & Coaching

**\*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 with professional coaching and technique instruction for all ages and abilities. For info please email: [myst.swimky@gmail.com](mailto:myst.swimky@gmail.com)

**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. 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**