

# Aquatic Fitness Schedule

## May 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>	7:00 - 9:30am <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 am - 12 pm Murray Special Olympics *through 5/9 2 lanes for members	
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>SWIM SCHOOL*</b> 3 lanes for members					12 - 2 pm <b>OPEN SWIM</b>	
1:00 - 3:15pm <b>OPEN SWIM</b>				10:30 - 3:15pm <b>OPEN SWIM</b>		12 - 4 pm <b>OPEN SWIM</b>
*POOL CLOSED* MYST, Murray Youth Swim Team Practice 3:15 - 5:45pm through 5/29						
6:00 - 7:00pm <b>PURE ENERGY</b>		6:00 - 7:00pm <b>PURE ENERGY</b>		6:00 - 7:00pm <b>PURE ENERGY</b>	 Scan to access the Member Self-Service Portal	
7:00 - 8:00pm <b>OPEN SWIM</b>	5:45 - 7:45pm <b>SWIM SCHOOL*</b>	7:00 - 8:00pm <b>OPEN SWIM</b>	5:45 - 7:45pm <b>SWIM SCHOOL*</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*

**NO ONE IS ALLOWED IN THE POOL AREA ALONE**  
If you find yourself in the pool alone, call the front desk:  
270-762-1348

### Special Events this Month

*Registration Required*

**Floating Sound Bath:** May 16, 4:30 - 6:30pm

**Try Scuba Diving:** May 29, 6:00 - 8:00pm

### 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.

**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**