



Aquatic Fitness Schedule

May 2024



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	Open Swim 5:15 - 9:30am	Swim, Bike, Run 5:15 - 6:15am 2 lanes for members	Open Swim 5:15 - 9:30am	Swim, Bike, Run 5:15 - 6:15am 2 lanes for members	Open Swim 7:00 - 9:30am
Open Swim 6:15 - 8:00am		Open Swim 6:15 - 8:00am		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	Special Olympics 9:30am- 12:00pm *through May 11 2 lanes for members
Make a Splash 11:00am - 1:30pm 3 lanes for members				Open Swim 10:30am - 3:15pm	
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 12:00-2:00pm
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 3:30 – 7:45pm starting May 28 3 lanes for members	Pure Energy 6:00 - 7:00pm	*Make a Splash* 5:45 – 7:45pm 3:30 – 7:45pm starting May 28 3 lanes for members	Pure Energy 6:00 - 7:00pm	Open Swim 12:00 - 4:00pm
Open Swim 7:00 – 8:00pm		Open Swim 7:00 – 8:00pm		Open Swim 7:00 – 8:00pm	

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

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, Ethan*

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. Register online through the self-service member portal or call 270-762-1348.

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.

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.

Call 270-762-1348 for more information.
Visit us at www.mcchwellness.com