



Aquatic Fitness Schedule

September 2026

center for
Health&Wellness
MURRAY-CALLOWAY COUNTY HOSPITAL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 - 6:15am SWIM BIKE RUN 2 lanes for members		5:15 - 6:15am SWIM BIKE RUN 2 lanes for members		5:15 - 6:15am SWIM BIKE RUN 2 lanes for members		
6:15 - 8:00am OPEN SWIM	5:15 - 9:30am OPEN SWIM	6:15 - 8:00am OPEN SWIM	5:15 - 9:30am OPEN SWIM	6:15 - 8:00am OPEN SWIM		
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 AQUA FIT	7:00am - 2:00 pm OPEN SWIM	
11:00 - 1:00pm SWIM SCHOOL* 3 lanes for members						
1:00 - 3:15pm OPEN SWIM				10:30 - 3:15pm OPEN SWIM		12:00 - 4:00pm OPEN SWIM
3:15 - 5:45pm MYST, Murray Youth Swim Team Practice 1 lane open for members						
6:00 - 7:00pm PURE ENERGY	5:45 - 7:45pm SWIM SCHOOL* 3 lanes for members	6:00 - 7:00pm PURE ENERGY	5:45 - 7:45pm SWIM SCHOOL* 3 lanes for members	6:00 - 7:00pm PURE ENERGY	 Scan to access the Member Self-Service Portal	
7:00 - 8:00pm OPEN SWIM		7:00 - 8:00pm OPEN SWIM		7:00 - 8:00pm OPEN SWIM		

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

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. 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 | 716 Poplar St. Murray, KY 42071