



Aquatic Fitness Schedule

August 2025



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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	7:00am - 2:00pm OPEN SWIM	
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		
10:30 - 3:15pm OPEN SWIM	11:00 - 1:00pm MAKE A SPLASH SWIM SCHOOL* 3 lanes for members	10:30 - 3:15pm OPEN SWIM	11:00 - 1:00pm MAKE A SPLASH SWIM SCHOOL* 3 lanes for members	10:30 - 3:15pm OPEN SWIM		12:00 - 4:00pm OPEN SWIM
	1:00 - 3:15pm OPEN SWIM		1:00 - 3:15pm OPEN SWIM			
POOL CLOSED Starting August 18 MYST, Murray Youth Swim Team Practice 3:15 - 5:45pm						
6:00 - 7:00pm PURE ENERGY	5:45 - 7:45pm MAKE A SPLASH SWIM SCHOOL* 3 lanes for members	6:00 - 7:00pm PURE ENERGY	5:45 - 7:45pm MAKE A SPLASH SWIM SCHOOL* 3 lanes for members	6:00 - 7:00pm PURE ENERGY		
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, Kaden

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

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 Center for Health and Wellness with professional coaching and technique instruction for all ages and abilities. For information 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 with Coach Janna Tobergte. Purchase 5, 10, or 15 training sessions and get incremental discounts. 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 | 716 Poplar St. Murray, KY 42071