



# Aquatic Fitness Schedule November 2024



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Swim, Bike, Run 5:15 - 6:15am 2 lanes for members		Swim, Bike, Run 5:15 - 6:15am 2 lanes for members		Swim, Bike, Run 5:15 - 6:15am 2 lanes for members	
Open Swim 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 7:00 - 8:00am
Aqua Fit 8:00 - 9:00am		Aqua Fit 8:00 - 9:00am		Aqua Fit 8:00 - 9:00am	MCHST 8:00 - 10:00am 2 lanes for members
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	Open Swim 10:00am - 2:00pm
Make a Splash* 11:00am - 1:00pm 3 lanes for members					
Open Swim 1:00 - 3:15pm				Open Swim 10:30 - 3:15pm	SUNDAY
3:15 - 5:45pm *Pool Closed* MYST, Murray Youth Swim Team Practice					
Pure Energy 6:00 - 7:00pm	Make a Splash* 5:45 - 7:45pm 3 lanes for members	Pure Energy 6:00 - 7:00pm	Make a Splash* 5:45 - 7:45pm 3 lanes for members	Pure Energy 6:00 - 7:00pm	
MCHST 7:00 - 8:00pm 2 lanes for members		MCHST 7:00 - 8:00pm 2 lanes for members		MCHST 7:00 - 8:00pm 2 lanes for members	

## 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, Ethan*

### **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.

## 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 about the swim team please email Head Coach Sara Smith at [coach.sara.myst@gmail.com](mailto:coach.sara.myst@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 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](http://www.mcchwellness.com) | 716 Poplar St. Murray, KY 42071