



Aquatic Fitness Schedule January 2025



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	7:00 - 8:00am OPEN SWIM
8:00 - 9:00am AQUA FIT		8:00 - 9:00am AQUA FIT		8:00 - 9:00am AQUA FIT	8:00 - 10:00am MCHST 2 lanes for members
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	10:00am - 2:00pm OPEN SWIM
11:00am - 1:00pm MAKE A SPLASH SWIM SCHOOL* 3 lanes for members				10:30 - 3:15pm Open Swim	
1:00 - 3:15pm OPEN SWIM					SUNDAY
3:15 - 5:45pm POOL CLOSED MYST, Murray Youth Swim Team Practice					12:00 - 4:00pm OPEN SWIM
6:00 - 7:00pm PURE ENERGY	5:45 - 7:45pm MAKE A SPLASH* 3 lanes for members	6:00 - 7:00pm PURE ENERGY	5:45 - 7:45pm MAKE A SPLASH* 3 lanes for members	6:00 - 7:00pm PURE ENERGY	
7:00 - 8:00pm MCHST 2 lanes for members		7:00 - 8:00pm MCHST 2 lanes for members		7:00 - 8:00pm MCHST 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, 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

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

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