



# Aquatics Class Schedule

Effective July 5, 2022

AQUA	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Mornings</b>							
<b>8:15</b>		<b>Aqua Fitness</b>					
<b>9:15</b>	<b>Aqua Fitness</b>	<b>Deep Water</b>	<b>Aqua Fitness</b>	<b>Aqua Fitness</b>	<b>Aqua Fitness</b>		
<b>10:05</b>	<b>Aqua Arthritis</b>						
<b>Evening</b>							
<b>6:15</b>	<b>Aqua Fitness</b>		<b>Aqua Fitness</b>				
<b>Swim Lessons</b>							
<b>Morning</b>						<b>9:00-11:00</b>	
<b>Evening</b>	<b>4:00-6:00</b>	<b>4:00-6:00</b>	<b>4:00-6:00</b>	<b>4:00-6:00</b>	<b>4:00-6:00</b>		

**Pool closed during Aqua Fitness Classes**

**Only one lap lane available during swim lessons**

**Pool closes 15 minutes prior to club closing**

**2191 Post Rd, Warwick, RI 02886 • 401-732-2413 • [www.healthtrax.com](http://www.healthtrax.com)**

**Center Hours:** Monday-Thursday 6:00am-8:00pm, Friday 6:00am-7:00pm, Saturday 8:00am-5:00pm, Sunday 8:00am-3:00pm