

Hours of Operation
Monday-Thursday 5:15 a.m.-10:00 p.m.
Friday 5:15 a.m.-9:00 p.m.
Saturday 7:00 a.m.-7:00 p.m.
Sunday 7:00 a.m.-6:00 p.m.
www.trihealthpavilion.com
Pavilion Front Desk 985-0900
Aquatics Department 985-6742



Water Group Fitness Schedule August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Deep Water Workout 9:15-10:15 Meg		Deep Water Workout 9:15-10:15 Pam/Laurie		Deep Water Workout 9:15-10:15 Laurie/Meg/ Pam	
	Aquacise 10:15-11:15 Naomi / Mary T	Deep/Cardio Blast 9:45-10:45 Sanjita	Aquacise 10:15-11:15 Vina	Deep/Cardio Blast 9:45-10:45 Sanjita	Aquacise 10:15-11:15 Laurie/ Naomi	
Liquid Fusion 11:15-12:15 Naomi/Pam	Core Creations 11:15-12:00 Pam		Core Creations 11:15-12:00 Vina		Core Creations 11:15-12:00 Pam	Deep Water Workout 11:00-12:00 Sanjita
	Arthritis Plus 12:00-1:00 Pam	Warm Water 12:00-1:00 Alison	Arthritis Plus 12:00-1:00 Vina	Warm Water 12:00-1:00 Alison	Arthritis Plus 12:00-1:00 Pam	Fitness For Two 12:00-12:45 Sanjita
Deep Water Workout 12:30-1:30 Pam	Functional Fitness 1:00-2:00 Mary T		Functional Fitness 1:00-2:00 Mary T			
	Arthritis Plus 5:45-6:45 Naomi	Fitness For Two 5:30-6:30 Laurie/Pam/ Naomi		Fitness For Two 5:30-6:30 Meg/Pam/ Naomi		
		Deep Water Workout 6:30-7:30 Laurie/Pam/ Naomi		Deep Water Workout 6:30-7:30 Meg/Pam/ Naomi		

Main Pool – Clear

Warm Water Pool -Shaded

Levels: Please see the descriptions on the back for different levels.

Water Temperature Ranges:

Warm Water Pool 90°

Main Pool 80-82°

***Non-member passes are available for all classes. \$120.00 for 10 classes, \$15.00 per trial class.**