

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.

Holiday Schedule July 4 & 5www.trihealthpavilion.com

Pavilion Front Desk 985-0900

Aquatics Department 985-6742



Water Group Fitness Schedule July 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	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/Pam/ Naomi	
Liquid Fusion 11:15-12:15 Alice	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		Fitness For Two 5:30-6:30 Meg/Pam		
		Deep Water Workout 6:30-7:30 Laurie/Pam		Deep Water Workout 6:30-7:30 Meg/Pam		

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.