




 921 Staton Road, Greenville NC 27834

 252-329-4041

Facility Hours:

Monday-Thursday
5:30 AM - 8:00 PM

Friday
5:30 AM - 7:00 PM

Saturday
8:00 AM - 3:00 PM

Sunday
1:00 PM - 6:00 PM

Pickleball Hours:

Thursday
6:00 PM - 8:00 PM

Saturday
9:00 AM - 12:00 PM

Sunday
1:00 PM - 3:30 PM

EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-6:30		Shallow Cardio			
8:30-9:20	Shallow Cardio	Shallow Tone	Shallow Cardio		Shallow Cardio
8:45-9:15		Zumba Strong			Zumba Strong
9:30-10:20	Deep Cardio	Deep Tone	Deep Cardio	Noodle Class	Deep Cardio
9:30-10:30	Yoga	Zumba			Zumba
10:00-11:00				Chair Aerobics	
10:30-11:20	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis
12:15-12:45	HIIT		HIIT		HIIT
5:45-6:30		Pump It!		Pump It!	
5:45-6:45	Zumba		Zumba		
6:30-7:30		Zumba	Yoga	Zumba	

**** CLASSES THAT ARE IN BLUE ARE HELD IN THE POOL ****

GAFC POOL SCHEDULE

	MONDAY 5:30 AM- 7:45 PM	TUESDAY 5:30 AM- 7:45 PM	WEDNESDAY 5:30 AM- 7:45 PM	THURSDAY 5:30 AM- 7:45 PM	FRIDAY 5:30 AM- 6:45 PM	SATURDAY 5:30 AM- 7:45 PM	SUNDAY 5:30 AM- 7:45 PM
5:45-6:30		Shallow Cardio					
8:30-9:20	Shallow Cardio	Shallow Tone	Shallow Cardio		Shallow Cardio	Swim Lessons 8:30-12:00	
9:30-10:20	Deep Cardio	Deep Tone	Deep Cardio	Noodle Class	Deep Cardio		
10:30-11:20	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Pool Rentals 12:30-2:30	
							Pool Rentals 2:30-4:30
5:30-7:30	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
6:30-7:45		Special Olympics					

**Lap lanes and recreation area may be limited during water aerobics and program times
Please share lap lanes & thank you for your patience!**