Greenville Aquatic's & Fitness Center

Exercise Class Schedule – MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 am Stretch & Flex		8:30-9:30 am Stretch & Flex		8:30-9:30 am Stretch & Flex	No aqua class Memorial Day Weekend – Sat. 29
8:30-9:15 am Shallow AQUA		8:30-9:15 am Shallow AQUA		8:30-9:15 am Shallow AQUA	
	9:00-10:00 am Pilates		9:00-10:00 am Pilates		
9:15-10:15 am Deep AQUA	9:00-10:00 am Shallow AQUA	9:15-10:15 am Deep AQUA	9:00-10:00 am Shallow AQUA	9:15-10:15 am Deep AQUA	9:00 am Deep AQUA
9:30-10:30 am Back 2 Basics Aerobics		9:30-10:15 am Rebounding May 5 & 19 Zumba May 12 & 26		9:30-10:30 am Circuit Training	9:30-10:30 am May 1 Rebounding (30 min.) Muscle Max (30 min.) May 8 ZUMBA May 15 Rebounding (30 min.) Muscle Max (30 min.) May 22 ZUMBA May 29 Rebounding (30 min.) Muscle Max (30 min.) Facility open 8am-2pm For Memorial holiday
9:30-10:30 am Shallow AQUA		9:30-10:30am Shallow AQUA		9:30-10:30 am Shallow AQUA	
10:45-11:15 am *Senior Strength*		10:45-11:15 am *Senior Strength*	10:00-11:00 am *Chair Aerobics*		
4:30-5:30 pm Muscle Max		4:30-5:15 pm Rebounding		4:30-5:30 pm Step/Stability	
5:30-6:30 pm Shallow AQUA	5:45-6:45 pm DEEP AQUA	5:30-6:30 pm Shallow AQUA	5:45-6:45 pm DEEP AQUA		
5:30-6:00 pm Rebounding	5:30-6:30 pm Aerobi-lates 30 minutes Aerobics 30 minutes Pilates	5:30-6:30 pm ZUMBA	5:30-6:30 pm Muscle Max		
6:00-7:00 pm *ZUMBA* May 31 open 730am-730pm for Memorial Day		6:30-7:30 pm BOOT CAMP	6:30-7:15 pm Free from Pain Correcting spinal alignment – ends May 20	6:00-7:00 pm ZUMBA	

Facility Hours of Operation

Mon-Thurs. 530am-9pm, Friday 530am-8pm

Saturday 8am – 4pm, Sunday 1-6 pm