



Exercise Schedule

Greenville Aquatics & Fitness Center
 921 Staton Road, Greenville NC 27834
 252.329.4041

TIME / DAY	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	

Facility Hours:

Monday	5:30AM-8:00PM
Tuesday	5:30AM-8:00PM
Wednesday	5:30AM-8:00PM
Thursday	5:30AM-8:00PM
Friday	5:30AM-7:00PM
Saturday	8:00AM-3:00PM
Sunday	1:00PM-6:00PM

Pickleball Hours:

Thursday	6:00PM-8:00PM
Saturday	9:00AM-12:00PM
Sunday	1:00PM-3:30PM