



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		SHALLOW CARDIO	
8:30-9:20	SHALLOW CARDIO	SHALLOW TONE	SHALLOW CARDIO	NOODLE CLASS	SHALLOW CARDIO
8:45-9:15		ZUMBA STRONG			ZUMBA STRONG
9:30-10:20	DEEP CARDIO	DEEP TONE	DEEP CARDIO	WATER WALKING	DEEP CARDIO
9:30-10:30		ZUMBA			ZUMBA
9:45-10:45				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		
6:00-7:00				ZUMBA in the Park(Town Commons)	
6:30-7:30		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
Friday	1:00PM-3:00PM
Saturday	9:00AM-12:00PM
Sunday	1:00PM-3:30PM