



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 |
| 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