

Aquatic Class Schedule

Schedule Effective as of October 2025

MONDAY	♪ 9:00 - 9:45AM	Anything Goes	Darlene S.	Lap
	♪ 10:00 - 10:45	Deeply Fit	Darlene S.	Lap
	♪ 11:00 - 11:45	Pilates Feldenkrais	Dorothy H.	Therapy
	♪ 12:00 - 12:45	Strides and Stretches	Kim M.	Therapy
	1:00 - 1:45	Afternoon Walk	Pam W.	Lap
TUESDAY	♪ 9:00 - 9:45AM	Cardio Fun	Laura W.	Lap
	♪ 10:00 - 10:45	Pool Pyramid	Tara S.	Lap
	♪ 11:00 - 11:45	Water Wellness	Debra H.	Therapy
	♪ 12:00 - 12:45	Energy	Debra H.	Therapy
	♪ 2:45 - 3:45	Neuro	Darlene S.	Lap
	♪ 6:30 - 7:15	Boot Camp	Jen T.	Lap
WEDNESDAY	♪ 9:00 - 9:45 AM	Hump Day Workout	Jen T.	Lap
	10:00 - 10:45	Deep Water Transitions	Stephanie G.	Lap
	11:00 - 11:45	Active Agers	Linda C.	Therapy
	12:00 - 12:45	Balance/Chi Connection	Linda C.	Therapy
	1:00 - 1:45	Afternoon Delight	Pam W.	Lap
THURSDAY	♪ 9:00 - 9:45AM	Cardio Fun	Laura W.	Lap
	♪ 10:00 - 10:45	Anything Goes	Tara S.	Lap
	♪ 11:00 - 11:45	Water Wellness	Darlene S.	Therapy
	♪ 12:00 - 12:45	Energy	Darlene S.	Therapy
FRIDAY	♪ 9:00 - 9:45AM	FITness	Theresa M.	Lap
	♪ 9:50 - 10:10	Noodle	Theresa M.	Lap
	♪ 10:15 - 11:00	HIIT	Debbie H.	Lap
	♪ 11:00 - 11:45	Water Wellness	Sherry R.	Therapy
	♪ 12:00 - 12:45	Cardio/Core	Sherry R.	Therapy
	6:00 - 7:30	Family Swim Night* (4 th Friday each month)		
SATURDAY	♪ 9:00 - 9:45AM	Boot Camp	Darlene S./Jen T.	Lap
	♪ 9:45 - 10:30	Get Pumped	Darlene S./Jen T.	Lap
	10:30 - 11:15	Active Agers	Linda C./Pam W.	Therapy
	11:15 - 12:00	Barre None	Linda C./Pam W.	Therapy
	♪ 12:00 - 1:00	Neuro	Linda C./Darlene S.	Lap
SUNDAY	9:00 - 10:25	Swim Lessons**	Theresa M.	Lap
	10:30 - 12:00	Swim Lessons**	Theresa M.	Therapy
	12:05 - 1:05	Swim Lessons**	Theresa M.	Lap
	♪ 11:00 - 11:45	Motion	Darlene S./Jen T.	Lap

SEE THE REVERSE SIDE FOR CLASS DESCRIPTIONS.

LAP LANE LINES WILL BE REMOVED 5 MINUTES PRIOR TO THE START OF A GROUP CLASS.

For daily class changes or substitutions, please visit our website at baptistmilestone.com.

♪ Music will be played during these classes. Pools are located in a shared aquatic area.

* See the Club Monthly Events Calendar for details. ** See Swim Lessons program flyers for details.

