

Exercise Pool Schedule: January 8 - March 11, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 5:00 - 7:00	Adult Swim 5:00 - 7:00	Adult Swim 5:00 - 7:00	Adult Swim 5:00 - 7:00	Adult Swim 5:00 - 7:00	Facility Closed	Facility Closed
Open Swim / PVT SL 7:00 - 9:30	Open Swim / PVT SL 7:00 - 9:00	Open Swim / PVT SL 7:00 - 9:30	Open Swim / PVT PSL 7:00 - 9:00	Open Swim / PVT SL 7:00 - 10:30	Adult Swim 7:00 - 8:30	Adult Swim 7:00 - 10:00
GEX Classes 9:30 - 11:30	GEX Classes 9:00 - 12:00	GEX Classes 9:30 - 11:30	GEX Classes 9:00 - 12:00	GEX Classes 10:30 - 11:30	Open Swim / PVT SL 8:30 - 10:00	Open Swim / PVT SL 10:00 - 12:00
Open Swim / PVT SL 11:30 - 12:30	Open Swim / PVT SL	Open Swim /	Open Swim /	Open Swim / PVT SL	Specialty Class 10:00 - 10:45	Adult Swim 12:00 - 1:00
Specialty Class 12:30 - 1:15	12:00 - 5:00	Specialty Class 12:30 - 1:15	12:00 - 5:00	11:30 - 6:30	GEX Class 11:00 - 12:00	Open Swim / PVT 1:00 - 2:00
1:15 - 5:30	1:15 - 5:30	1:15 - 5:30	1:15 - 5:30	1:15 - 5:30	12:00 - 4:00	Specialty Class 2:00 - 3:00
1:15 - 5:30	Specialty Class	1:15 - 5:30	Specialty Class	1:15 - 5:30	12:00 - 4:00	Adult Swim 3:00 - 4:45
GEX Class 5:30 - 6:30	Adult Swim 5:30 - 8:45	GEX Class 5:30 - 6:30	GEX Class 5:45 - 6:35	1:15 - 5:30	Adult Swim 4:00 - 4:45	Facility Closed
Adult Swim 6:30 - 8:45	Adult Swim 5:30 - 8:45	Specialty Class 6:30 - 7:15	Adult Swim 6:35 - 8:45	Adult Swim 6:30 - 7:45	Facility Closed	Facility Closed
Closed	Closed	7:15 - 8:45	Closed	Facility Closed	Facility Closed	Facility Closed

* Pool users must exit the aquatic area 15 minutes before the pool closes.

* During all "Adult" times there will be no youth services provided.

Adult one-on-one services are permitted

* Private Swim Lesson participants must be able to swim 50 yards before taking lessons in the lap pool

*The exercise pool will be reserved during Specialty Class times and GEX class times

Adult Swim	GEX Class	Open Swim / PVT SL	Facility Closed	Specialty Class
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Mercy Fitness Center

Exercise Pool Schedule Information: January 8 – March 11, 2018

The Mercy Fitness Pool schedule is designed to provide general pool information on how and when the pool will be used. The goal is to provide a high-quality experience for all our users. This schedule will be officially updated each quarter. Throughout each quarter there may be minor adjustments such as special events, demo classes, staff trainings and other events. Schedule changes will be posted at the Customer Service Desk, on the pool deck, and throughout Mercy Fitness Center.

Mercy Fitness Center Pool Temperatures

Exercise Pool ranging from 83-85 degrees

Lap Pool ranging from 81-84 degrees

Hot Tub ranging from 100-104 degrees

Exercise Pool Legend Descriptions

Adult Swim

During Adult Swim times, there will be no children or youth aquatic services or programs offered.

Open Swim/ PVT SL

During the "Open Swim/PSL" times, the exercise pool will be open for general usage. MFC staff reserves the right to schedule one-on-one aquatic services such as aqua personal training, Aqua Pilates and others. Please know that all children's swim program participants must be at least 3 years old, accompanied by an adult, and will have their swim lesson taught in a regulated area of the exercise pool. General users take priority in the exercise pool.

Group Exercise Class

These classes are FREE for our Members. The exercise pool is fully reserved during classes. For a full exercise class schedule please see hard copies at the Customer Service Desk.

Specialty Class

The exercise pool is fully reserved during these times. Mercy Fitness Center and our EXOS trainers will be offering national award-winning aquatic programs to both members and non-members. Classes will be offered approximately every 10 weeks.