



# Exercise Pool

## July 1<sup>st</sup> – August 13<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 5:00-8:00	Adult Swim 5:00-7:00	Adult Swim 5:00-8:00	Adult Swim 5:00-7:00	Adult Swim 5:00-7:00	Facility Closed	Facility Closed
Open Swim/PSL 8:00-9:15	Open Swim/PSL 7:00-8:45	Open Swim/PSL 8:00-9:15	Open Swim/PSL 7:00-8:45	Open Swim/PSL 7:00-9:15	Adult Swim 7:00-8:30	Adult Swim 7:00-10:00
Aqua Zumba* 9:30-10:20	Aqua Fit* 9:00-9:50	Aqua Toning* 9:30-10:20	Aqua Fit* 9:00-9:50		PSL/Open Swim 8:30-10:45	
Aqua Boot Camp* 10:30-11:20	Aqua Circuit* 10:00-10:50	Aqua Boot Camp* 10:30-11:20	Tab Aqua* 10:00-10:50	Aqua Yoga* 9:30-10:20		Aqua Zumba* 11:00-11:50
Aqua Barre* 11:20-12:20	Aqua Arthritis* 11:00-11:50	Open Swim/PSL 11:20-12:30	Aqua Arthritis* 11:00-11:50	Aqua Fit* 10:30-11:20		
	Adult LTS Beginner 12:00-12:30		Adult Swim 11:50-1:00	Adult Swim 11:20-1:00	Adult Swim 12:00-1:00	
Adult Swim 12:20-1:30	Adult Swim 12:30-2:00	Adult Swim 12:30-1:30	Open Swim/PSL 1:00-3:00	PSL/Open Swim 1:00-6:30	PSL/Open Swim 11:50-4:00	PSL/Open Swim 1:00-4:00
Open Swim/PSL 1:30-3:00	PSL/Open Swim 2:00-6:00	Open Swim/PSL 1:30-5:30				
PSL/Open Swim 3:00-5:30			Adult LTS Beginner 6:00-6:30	Tab Aqua* 5:45-6:35	Aqua Fit 5:30-6:20	Adult Swim 4:00-4:45
Tab Aqua* 5:45-6:35	Adult LTS Beginner 6:00-6:30	Tab Aqua* 5:45-6:35	Aqua Fit 5:30-6:20			
Adult Swim 6:35-8:45	Adult Swim 6:30-8:45	Adult Swim 6:35-8:45	Adult Swim 6:20-8:45	Adult Swim 6:30-8:45	Closed	Closed
Closed	Closed	Closed	Closed	Closed		

**NOTES:**

Pool users must exit the building within 15 minutes of the pool closing times.

\* = Entire pool RESERVED for ALL "FREE Water Exercise Classes (No Private swim lesson will occur in the same pool during FREE Water Ex Classes)

\*\* "Adult Swim = Adult private sessions are available to occur.

NOTES: The FREE Group Ex classes are eligible to change format each month. Updates will be provided appropriately

Adult Swim	PSL	Open Swim	Paid Program	Group Exercise Class	Facility Closed



## Mercy Fitness Center Exercise Pool Schedule Information

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 users of the Mercy Fitness Center. This schedule will be officially updated each quarter, in line with the Specialty Program Calendar. Throughout each quarter there may be minor adjustments (special events, demo classes, staff trainings, etc) to the daily schedule. When scheduling changes occur there will be notification provided at the Courtesy Desk, on the pool deck, and through Mercy Fitness Center.

### Pool Temperatures:

Exercise Pool: 83-85 degrees Lap Pool: 81-84 degrees Hot Tub: 100-104 degrees

**Adult times:** During Adult Swim times, there will be no children or youth aquatic services or programs offered. Adult aquatic one-on-one services are still eligible to occur.

**Open Swim/PSL:** During the "Open Swim/PSL" times, the Exercise pool will be open for general member usage. During these times Mercy Fitness Center reserves the right to schedule one-on-one aquatic services (aqua personal training Aqua Pilates, swim lessons, etc.), however, the priority of the pool space is towards the general user.

**PSL/Open:** Private Swim Lessons are currently offered to both adults and children at the Mercy Fitness Center. The "PSL/Open Swim" time blocks are times when we are most likely to have at least 1 lesson aquatic service being provided. These specialty services range from aqua personal training, Aqua Pilates or adult/child swim lessons. Please know that all children swim program participants must be at least the age 3, accompanied by an adult, and will be have their swim lesson taught in a regulated area of the Exercise Pool.

**MFC Specialty Program:** During these times Mercy Fitness Center/EXOS will be offering best-in-class & national award winning aquatic programs. These programs will be paid and offered to both members and nonmembers. They will be are offered approximately every 10 weeks, with FREE demo weeks at the beginning and a FREE make-up class at the end of the session. The Exercise pool is fully reserved during these times.

**Water Exercise Class:** These classes are FREE for Mercy Fitness Members. The Exercise pool is fully reserved during these classes. The Water Exercise classes can be updated as frequently as needed (monthly) based on demand and attendance.

**Aqua Barre:** Blend of fun, dance based Pilates-core exercises and functional training for daily life movements!

**Aqua Zumba:** Blend of "Zumba" philosophy with water resistance, with a fun and party atmosphere!

**Aqua Boot Camp:** Blend of cardio, toning, sculpting and resistance training with use of weights and noodles!

**Aqua Fit:** Blend of non-impact & high intensity cardio workout, while focusing on all muscle groups!

**Aqua Circuit:** Yes! Circuit training in the water! Blending various resistance and cardio movements!

**Aqua Toning:** Designed to improve function & stability, with the focus on range of motion and balance.

**Aqua Arthritis:** Designed for anyone needing lower back, low impact and a more paced class.

**Aqua Yoga:** Yes! Yoga in the water! Focused Yoga movements to improve range of motion/relieve stress

**Tab Aqua:** Designed interval training, max efforts 20 seconds, recover for 10 seconds, with bands and weights!