

Mercy Fitness Center Exercise Pool Schedule: August - December 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 a.m.	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Facility Closed	Facility Closed	
5:30 a.m.	5 - 7	5 - 7	5 - 7	5 - 7	5 - 7			
6 a.m.								
6:30 a.m.								
7 a.m.	Open Swim	Open Swim / PVT SL	Open Swim	Open Swim / PVT SL	Open Swim / PVT SL	Adult Swim	Adult Swim	
7:30 a.m.	7 - 8:15		7 - 8:15			7 - 8:30	7 - 10	
8 a.m.	\$ AQ Babies L1/C1	\$ Adult LTS L1/C1	\$ Aqua Babies L1/C1	\$ Adult LTS L1/C1	7 - 10:30	\$ AQ Babies L1/C2		
8:30 a.m.						\$ AQ Babies L2/C2		
9 a.m.	\$ AQ Babies L2/C1	GEX Classes 9 - 12	\$ AQ Babies L2/C1	GEX Classes 9 - 12	GEX Classes 10:30 - 11:30	\$ Kids-LTS L1/C2		
9:30 a.m.								\$ AQ Pilates L2/C1
10 a.m.	GEX Classes 9:30 - 11:30		GEX Classes 9:30 - 11:30				Open Swim / PVT SL	
10:30 a.m.								
11 a.m.						GEX Class 11 - 12	10 - 12	
11:30 a.m.	\$ AQ Pilates L2/C1							
12 p.m.						Open Swim 12 - 1	Adult Swim 12 - 1	
12:30 p.m.								
1 p.m.	Open Swim / PVT SL	Open Swim / PVT SL	Open Swim / PVT SL	Open Swim / PVT SL	Open Swim / PVT SL	\$ Kids LTS L1/C3	Open Swim / PVT SL	
1:30 p.m.								\$ Kids LTS L2/C3
2 p.m.							\$ Kids LTS L3/C1	1 - 3
2:30 p.m.						12:30 - 5:30	12 - 2:30	11:30 - 7
3 p.m.						\$ AQ Babies L2/C3	Adult Swim 3-4:45	
3:30 p.m.						Open Swim/PVT SL 3:30 - 4		
4 p.m.		\$ Kids LTS L1/C1		\$ Kids LTS L1/C1				
4:30 p.m.		\$ Kids LTS L2/C1		\$ Kids LTS L2/C1		Adult Swim		
5 p.m.		Open Swim		Open Swim				
5:30 p.m.	GEX Class 5:30 - 6:30	GEX Class 5:45 - 6:35		GEX Class 5:45 - 6:35		Facility Closed	Facility Closed	
6 p.m.								
6:30 p.m.	Adult Swim	Adult Swim	\$ Ai Chi	Adult Swim	Adult Swim			
7 p.m.	\$ Ai Chi	6:35 - 8:45		6:35 - 8:45	6:30 - 7:45			
7:30 p.m.								
8 p.m.	Adult Swim		Adult Swim					
8:30 p.m.	8:00 - 8:45		8:00 - 8:45		Facility Closed			
9 p.m.	Closed	Closed	Closed	Closed	Facility Closed			
Color								
Legend	Adult Swim	GEX Class	Open Swim / PVT SL	Facility Closed	Specialty Class (\$)	Medical Class (\$)		

Mercy Fitness Center Exercise Pool Information: August - December 2018

The Mercy Fitness Center pool schedule is designed to provide general information on how and when the pool will be used. This schedule will be officially updated each quarter, except for minor schedule adjustments to accommodate special events, demo classes and staff trainings. When the schedule changes, we will notify members with signs at the Customer Service Desk, on the pool deck, and throughout Mercy Fitness Center. If you are interested in learning more about any of our training options or Medical Fitness Programs, please stop by the Customer Service Desk and speak with one of our member representatives or ask any aquatics team member for more details.

Mercy Fitness Center Pool Temperatures

Exercise Pool: 83-85 degrees

Lap Pool: 81-84 degrees

Hot Tub: 100-104 degrees

Exercise Pool Descriptions

Adult Swim

During Adult Swim times, there will be no children's or youth aquatic classes offered.

Open Swim / PVT SL

During the "Open Swim/PSL" times, the exercise pool will be open for general use. 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 swim program participants must be 3 years old, accompanied by an adult, and will have their swim lesson taught in a regulated area of the exercise pool. The priority of the pool space is towards the general user.

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 Member Service Desk.

Paid Classes

During these times the exercise pool is fully reserved. Mercy Fitness Center offers national award-winning aquatics programs to our members and non-members. Please look out for our free demo classes and come try out something new!