



Aquatics Class Schedule

Effective January 2012

AQUA	MON	TUE	WED	THU	FRI	SAT	SUN
8:15am	Aqua Fitness		Aqua Fitness				
9:00am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	
10:00am		Aqua Fitness		Aqua Fitness	Aqua Fitness		
11:00am		Aqua Arthritis		Aqua Arthritis	Aqua Arthritis		
12:00pm		Aqua Tai Chi					
4:30pm	Aqua Fitness	Aqua Fitness	Aqua Arthritis				
5:30pm				Aqua Fitness			
6:30pm			Aqua Fitness				

1000 Higbee Drive, Bethel Park ▪ 412-835-0500 ▪ www.healthtrax.com

Center Hours: Weekdays 5:00am-10:00pm / Weekends 7:00am-7:00pm

Youth Activity Center Hours: Monday-Saturday 8:30am-1:00pm / Monday-Thursday 4:00-8:00pm (reservations required)