



# Aquatics Class Schedule



Effective July 24, 2023

AQUA	MON	TUE	WED	THU	FRI	SAT	SUN
Morning							
8:30							
9:15	Aqua Fitness	Deep Water	Aqua Fitness	Aqua Fitness	Aqua Fitness		
10:05	Aqua Arthritis		Aqua Zumba				
Evening							
6:15	Aqua Fitness		Aqua Fitness				
<b>Swim Lessons</b>							
Morning						9:00-11:00	
Evening	4:00-6:00	4:00-6:00	4:00-6:00	4:00-6:00	4:00-6:00		

**Pool closed during Aqua Fitness Classes**

*Only one lap lane available during swim lessons*

*Pool closes 15 minutes prior to club closing*

2191 Post Rd, Warwick, RI 02886 • 401-732-2413 • [www.healthtrax.com](http://www.healthtrax.com)

Center Hours: Monday-Thursday 6:00am-8:00pm, Friday 6:00am-7:00pm, Saturday 8:00am-5:00pm, Sunday 8:00am-3:00pm