

# HEALTHQUEST

FITNESS & WELLNESS CENTER

Sign-up for group exercise classes or register for swim programs online at [healthquest.clubautomation.com](http://healthquest.clubautomation.com). We can't wait to see you in class!

## Aquatic Group Exercise Schedule April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAYS
<p><i>Room Guide:</i>  <span style="color: #ff00ff;">●</span> LP = Lap Pool  <span style="color: #ffff00;">●</span> TP = Therapy Pool</p>	<p><b>7:00am</b>  <b>Water Works</b>            LP</p>		<p><b>7:00am</b>  <b>Water Works</b>            LP</p>	<p><b>7:30am</b>  <b>Water Works</b>            LP</p>	
	<p><b>\$ 10:00am</b>  <b>Swim Lessons</b></p>		<p><b>\$ 10:00am</b>  <b>Swim Lessons</b></p>		<p><b>\$ 8:15-9:15am</b>  <b>Adult Swim Club</b></p>
	<p><b>10:00am</b>  <b>Yo Pi Chi TP</b></p>		<p><b>10:00am</b>  <b>Yo Pi Chi TP</b></p>		<p><b>\$ 9am-12pm</b>  <b>Swim Lessons</b></p>
<p><b>11:00am</b>  <b>Movement Matters LP</b></p>	<p><b>11:00am</b>  <b>S'WET LP</b></p>	<p><b>11:00am</b>  <b>Aqua Intervals LP</b></p>	<p><b>11:00am</b>  <b>S'WET LP</b></p>	<p><b>11:00am</b>  <b>Aqua Intervals LP</b></p>	<p><b>\$ 9:15-10:15am</b>  <b>HQ Swim Club</b></p>
<p><b>12:15pm</b>  <b>Joint Action TP</b></p>	<p><b>12:15pm</b>  <b>Joint Action TP</b></p>	<p><b>12:15pm</b>  <b>Joint Action TP</b></p>	<p><b>12:15pm</b>  <b>Joint Action TP</b></p>	<p><b>12:15pm</b>  <b>Joint Action TP</b></p>	
	<p><b>\$ 2:00pm</b>  <b>BPM TP</b></p>	<p><b>\$ 5:15-8:15pm</b>  <b>Swim Lessons</b></p>			
<p><b>\$ 5:15-8:15pm</b>  <b>Swim Lessons</b></p>	<p><b>\$ 5:15-7:15pm</b>  <b>HQ Swim Club</b></p>		<p><b>\$ 5:15-7:15pm</b>  <b>HQ Swim Club</b></p>		
	<p><b>\$ 7:30-8:30pm</b>  <b>Adult Swim Club</b></p>		<p><b>\$ 7:30-8:30pm</b>  <b>Adult Swim Club</b></p>		