

HEALTHQUEST

FITNESS & WELLNESS CENTER

****NEW****

Sign-up for group exercise classes or register for swim programs online at healthquest.clubautomation.com We can't wait to see you class!

Aquatic Group Exercise Schedule | October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAYS
Room Guide: ● LP = Lap Pool ● TP = Therapy Pool	7:00am Water Works LP		7:00am Water Works LP	7:30am Water Works LP	
	9:00am Yo Pi Chi TP		9:00am Yo Pi Chi TP		\$ 8:15-9:15am Adult Swim Club
	\$ 10:00am Swim Lessons		\$ 10:00am Swim Lessons	10:00am Yo Pi Chi TP	\$ 9am-12pm Swim Lessons
11:00am S'WET LP	11:00am Aqua Intervals LP	11:00am Movement Matters LP	11:00am Aqua Intervals LP	11:00am S'WET LP	\$ 9:15-10:15am HQ Swim Club
12:15pm Joint Action TP	12:15pm Joint Action TP	12:15pm Joint Action TP	12:15pm Joint Action TP	12:15pm Joint Action TP	
	\$ 2:00pm BPM LP				
\$ 5:15-8:15pm Swim Lessons		\$ 5:15-8:15pm Swim Lessons		\$ 5:15-7:15pm HQ Swim Club	
		\$ 5:15-7:15pm HQ Swim Club		\$ 7:30-8:30pm Adult Swim Club	
		\$ 7:30-8:30pm Adult Swim Club			