

Group Fitness Schedule

*All classes are located in the Wellness Classroom

Tuesday

Fit in 15
12:15p-12:30p



Yoga Ease
6:15pm-7:00pm



Tai Chi
9:00a - 9:45a

*Class time will change to 11:00am
beginning March 30th*



Thursday

Fit in 15
12:15p-12:30p



Gym Hours

Monday-Friday: 5:00a-7:00p

Saturday: 8:00a-12:00p

Sunday: CLOSED

828.326.3680

 fitnessplus@catawbavalleymc.org

 Like us on Facebook



Aquatics Schedule

pool closes 15 minutes before the facility closes.

MON

TUE

WED

THU

FRI

SAT

5:00a - 9:00a OPEN SWIM
9:00a - 9:45a AquaRobics REBECCA
10:00a - 10:45a AquaRobics REBECCA
11:00a - 5:30p OPEN SWIM
5:30p-6:15 AquaFit SHERYL
6:15p - 6:45p OPEN SWIM

5:00a - 10:00a OPEN SWIM
10:00a - 10:45a AquaTone BETTY
11:00a - 12:00p OPEN SWIM
12:00p - 12:45p Gentle Waves MARYIA
1:00p - 5:30p OPEN SWIM
5:30p-6:15 AquaRobics REBECCA
6:15p - 6:45p OPEN SWIM

5:00a - 9:00a OPEN SWIM
9:00a - 9:45a AquaRobics MARYIA
10:00a - 10:45a AquaRobics MARYIA
11:00a - 2:00p OPEN SWIM
2:00p - 3:00p CLOSED CLASS
3:00p - 6:45p OPEN SWIM

5:00a - 10:00a OPEN SWIM
10:00a - 10:45a AquaTone BETTY
11:00a - 12:00p OPEN SWIM
12:00p - 12:45p Gentle Waves MARYIA
1:00p - 5:45p OPEN SWIM
5:45p-6:30p AquaRobics MARYIA
6:30p - 6:45p OPEN SWIM

5:00a - 9:00a OPEN SWIM
9:00a - 9:45a AquaRobics MARYIA
10:00a - 2:00p OPEN SWIM
2:00p - 3:00p CLOSED CLASS
3:00p - 6:45p OPEN SWIM

8:00a - 10:00a OPEN SWIM
10:00a - 10:45a AquaRobics MARYIA
10:45a - 11:45a OPEN SWIM

*Aqua Classes are cancelled in the event of a lightning storm.

*Open Swim is not allowed during class times.

*Monday-Friday, Physical Therapist may conduct rehab at 11am & 1pm