



Exercise Schedule

Greenville Aquatics & Fitness Center
 921 Staton Road, Greenville NC 27834
 252.329.4041

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-6:30		SHALLOW CARDIO		SHALLOW CARDIO	
8:30-9:20	SHALLOW CARDIO	SHALLOW TONE	SHALLOW CARDIO	NOODLE CLASS	SHALLOW CARDIO
8:45-9:15		ZUMBA STRONG			ZUMBA STRONG
9:30-10:20	DEEP CARDIO	DEEP TONE	DEEP CARDIO	WATER WALKING	DEEP CARDIO
9:30-10:30		ZUMBA			ZUMBA
9:45-10:45				CHAIR AEROBICS	
10:30-11:20	AQUA ARTHRITIS	AQUA ARTHRITIS	AQUA ARTHRITIS	AQUA ARTHRITIS	AQUA ARTHRITIS
12:15-12:45	HIIT		HIIT		HIIT
5:45-6:30				PUMP IT!	
5:45-6:45	ZUMBA		ZUMBA		
6:00-7:00				ZUMBA	
6:30-7:30		ZUMBA			
7:00-7:45	PUMP IT!				

Facility Hours:

Monday 5:30AM-8:00PM
 Tuesday 5:30AM-8:00PM
 Wednesday 5:30AM-8:00PM
 Thursday 5:30AM-8:00PM
 Friday 5:30AM-7:00PM
 Saturday 8:00AM-3:00PM
 Sunday 1:00PM-6:00PM

Pickleball Hours:

Thursday 6:00PM-8:00PM
 Saturday 9:00AM-12:00PM
 Sunday 1:00PM-3:30PM