



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! | | PUMP IT! | |
| 5:45-6:45 | ZUMBA | | ZUMBA | | |
| 6:30-7:30 | | ZUMBA | | ZUMBA | |

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 |
| Friday | 1:00PM-3:00PM |
| Saturday | 9:00AM-12:00PM |
| Sunday | 1:00PM-3:30PM |