Endeavor Health℠
Fitness & Wellness Center

Lap Pool Schedule

September 8 - January 5, 2027

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
5AM	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	5AM
5:30AM	WAVES	OPEN	WAVES	OPEN	WAVES	CLOSED	CLOSED	5:30AM
6AM	WAVES	OPEN	WAVES	OPEN	WAVES	OPEN	OPEN	6AM
6:30AM	WAVES	OPEN	WAVES	OPEN	WAVES	OPEN	OPEN	6:30AM
7AM	WAVES	OPEN	WAVES	OPEN	WAVES	WAVES	OPEN	7AM
7:30AM	OPEN	OPEN	OPEN	OPEN	OPEN	WAVES	OPEN	7:30AM
8AM	OPEN	OPEN	OPEN	OPEN	OPEN	WAVES	WAVES	8AM
8:30AM	Dynamic Deep	Aquatonic	Deep Blue	Hydro Fitness	Aquatonic	WAVES (Ends 9:15)	WAVES (Ends 9:00)	8:30AM
9AM	Dynamic Deep	Aquatonic	Deep Blue	Hydro Fitness	Aquatonic	Aqua Bootcamp (Starts 9:15)	Aquatonic (Starts 9:15)	9AM
9:30AM	OPEN	OPEN	OPEN	OPEN	WAVES	Aqua Bootcamp (Ends 10:15)	Aquatonic (Ends 10:15)	9:30AM
10AM	WAVES	WAVES	WAVES	WAVES	WAVES	OPEN	OPEN	10AM
10:30AM	WAVES	WAVES	WAVES	WAVES	WAVES	OPEN	OPEN	10:30AM
11AM	OPEN	OPEN	OPEN	OPEN	WAVES	OPEN	OPEN	11AM
11:30AM	Aqua Moves	OPEN	Aqua Moves	OPEN	Aqua Moves / Aqua Zumba	OPEN	OPEN	11:30AM
12PM	Aqua Moves	OPEN	Aqua Moves	OPEN	Aqua Moves / Aqua Zumba	OPEN	Ripples	12PM
12:30PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	Ripples	12:30PM
1PM	OPEN	Deep HIIT	OPEN	Aqua Fusion	OPEN	OPEN	Stroke Clinic	1PM
1:30PM	OPEN	Deep HIIT	OPEN	Aqua Fusion	OPEN	OPEN	Stroke Clinic (Ends 1:45)	1:30PM
2PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	2PM
2:30PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	2:30PM
3PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	WAVES	3PM
3:30PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	WAVES	3:30PM
4PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	4PM
4:30PM	OPEN	OPEN	OPEN	OPEN	Hydro Ftiness	OPEN	OPEN	4:30PM
5PM	OPEN	WAVES	OPEN	WAVES	Hydro Fitness	OPEN	OPEN	5PM
5:30PM	Aqua Bootcamp	WAVES	Aqua HIIT	WAVES	OPEN	OPEN	OPEN	5:30PM
6PM	Aqua Bootcamp	OPEN	Aqua HIIT	OPEN	OPEN	CLOSED	CLOSED	6PM
6:30PM	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	6:30PM
7PM	OPEN	WAVES	OPEN	WAVES	OPEN	CLOSED	CLOSED	7PM
7:30PM	OPEN	WAVES	OPEN	WAVES	OPEN	CLOSED	CLOSED	7:30PM
8PM	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	8PM
8:30PM	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	8:30PM
9PM	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	9PM
9:30PM	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	9:30PM

*For more information, visit **endeavorhealth.org/fitness***

Class instructors and formats are subject to change without notice.

We guarantee two lap lanes are available for lap swimming **EXCEPT** during WAVES practice.

THERAPY POOL SCHEDULE ON REVERSE →

Endeavor Health℠
Fitness & Wellness Center

Therapy Pool Schedule

September 8 - January 5, 2027

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
5AM	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	5AM
5:30AM	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	5:30AM
6AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	6AM
6:30AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	6:30AM
7AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	7AM
7:30AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	7:30AM
8AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	8AM
8:30AM	OPEN	Aquatonic	OPEN	Hydro Fitness	OPEN	OPEN	OPEN	8:30AM
9AM	OPEN	Aquatonic	OPEN	Hydro Fitness	OPEN	OPEN	Hydro Pump (Begins 9:15)	9AM
9:30AM	Arthritis	Arthritis	Arthritis	Arthritis	Arthritis	OPEN	Hydro Pump	9:30AM
10AM	Arthritis	Arthritis	Arthritis	Arthritis	Arthritis	Stretch & Tone (Begins 10:15)	Hydro Pump (Ends 10:15)	10AM
10:30AM	Parkinson's / Arthritis	Fibromyalgia / Arthritis	Parkinson's / Arthritis	Fibromyalgia / Arthritis	Parkinson's / Arthritis	Stretch & Tone (Ends 10:45)	OPEN	10:30AM
11AM	Parkinson's / Arthritis	Fibromyalgia / Arthritis	Parkinson's / Arthritis	Fibromyalgia / Arthritis	Parkinson's / Arthritis	OPEN	OPEN	11AM
11:30AM	Aqua Moves	Ai Chi	Aqua Moves	Ai Chi	Aqua Moves / Aqua Zumba	OPEN	OPEN	11:30AM
12PM	Aqua Moves	Arthritis	Aqua Moves	Arthritis	Aqua Moves / Aqua Zumba	OPEN	OPEN	12PM
12:30PM	Stretch & Tone	Arthritis	Stretch & Tone	Arthritis	Yoqua / Stretch	OPEN	OPEN	12:30PM
1PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	1PM
1:30PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	1:30PM
2PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	2PM
2:30PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	2:30PM
3PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	3PM
3:30PM	OPEN	H2O Healthy & Fit	OPEN	H2O Healthy & Fit	OPEN	OPEN	OPEN	3:30PM
4PM	OPEN	H2O Healthy & Fit	OPEN	H2O Healthy & Fit	OPEN	OPEN	OPEN	4PM
4:30PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	4:30PM
5PM	OPEN	WWS / Arthritis	OPEN	WWS / Arthritis	OPEN	OPEN	OPEN	5PM
5:30PM	Warm Water Sampler	WWS / Arthritis	Warm Water Sampler	WWS / Arthritis	Warm Water Sampler	OPEN	OPEN	5:30PM
6PM	Warm Water Sampler	Aqua Functional Fit	Warm Water Sampler	Aqua Functional Fit	Warm Water Sampler	CLOSED	CLOSED	6PM
6:30PM	H2O Healthy & Fit	Aqua Functional Fit	H2O Healthy & Fit	Aqua Functional Fit	OPEN	CLOSED	CLOSED	6:30PM
7PM	H2O Healthy & Fit	Low Back	H2O Healthy & Fit	Low Back	OPEN	CLOSED	CLOSED	7PM
7:30PM	OPEN	Low Back	OPEN	Low Back	OPEN	CLOSED	CLOSED	7:30PM
8PM	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	8PM
8:30PM	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	8:30PM
9PM	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	9PM
9:30PM	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	9:30PM

For more information, visit ***endeavorhealth.org/fitness***

LAP POOL SCHEDULE ON REVERSE →