

# Pool Schedule



Ascension  
Borgess

HEALTH & FITNESS

*Effective August 28 - December 31, 2023*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30-7am								5:30-7am
7-8am			Water Ex 7:05-7:45am Rose Ann		Water Ex 7:05-7:45am Rose Ann			7-8am
8-9am		Water Ex 8:15-8:55am Chris B		Water Ex 8:15-8:55am Debbie		Water Ex 8:15-8:55am Rose Ann		8-9am
9-10am		Ai Chi 9:05-9:45am Kathie	Deep Water Ex 9:05-9:45am Deb N.		Open Deep Water Ex 9:05-9:45am (No Instructor)	Ai Chi 9:05-9:45am Kathie	Swim Lessons \$\$ 9am-12pm Lap & Spine	9-10am
10-11am		H2O Pi-Yo 10:05-10:45am Kathie	Joints in Motion 10:05-10:45am Deb N.	Joints in Motion 10:05-10:45am Debbie	Joints in Motion 10:05-10:45am Laurie	Aqua Yoga 10:05-10:45am Kathie		10-11am
		Joints in Motion 10:05-10:45am Chris B		Aqua Zumba 10:05-10:45am AJ		Aqua Zumba 10:05-10:45am AJ		
11-12pm			Water Ex 11:05-11:45am Shawn		Swim Lessons \$\$ 11-11:30am Warm Pool		Friends & Family 2-5:45pm	11-12pm
					Water Ex 11:05-11:45am Shawn			
12-1pm		Stretch & Tone 12:05-12:45pm Chris B	Stretch & Tone 12:05-12:45pm Shawn	Stretch & Tone 12:05-12:45pm Debbie	Stretch & Tone 12:05-12:45pm Laurie	Stretch & Tone 12:05-12:45pm Shawn		12-1pm
1-2pm	Friends & Family 1-3pm			Swim Lessons \$\$ 1:30-2:35pm Warm Pool	Aqua Yoga 1:05-1:45pm Shawn	Ryan Intermediate Swim Lessons Sept. 15 - Dec. 15	Friends & Family 2-5:45pm	1-2pm
2-3pm			Ex for Everybody 2:05-2:45pm Abigail		Ex for Everybody 2:05-2:45pm Mitch			2-3pm
3-4pm								3-4pm
4-5pm		Swim Lessons \$\$ 4:30-7:20pm Lap & Spine	Swim Lessons \$\$ 4:30-7:20pm Lap & Spine	Swim Lessons \$\$ 4:30-7:20pm Lap & Warm	Swim Lessons \$\$ 4:30-7:20pm Lap & Spine	Swim Lessons \$\$ 4:30-7pm Lap & Warm		4-5pm
5-6pm								5-6pm
6-7pm								6-7pm
7-8pm						Friends & Family 7-9:15pm		7-8pm
8-9:15pm								8-9:15pm
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		Prenatal Ex \$\$ 6:30-7:15pm	Stretch & Tone 6:15-6:55pm Abigail		Stretch & Tone 6:15-6:55pm Steven			
		Adult Beg Swim \$\$ 6:50-7:40pm	Adult Int Swim \$\$ 6:50-7:40pm	Adult Beg Swim \$\$ 6:50-7:40pm				

Location/Activity Key	Warm Pool	Lap Pool	Spine Pool	Swim Lessons	Friends & Family Swim	\$\$ Registration Required \$\$
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Lap Lane Reservations:  
[bhfc.clubautomation.com](http://bhfc.clubautomation.com)

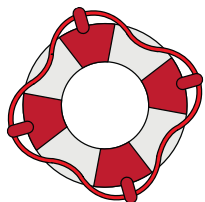


*The deep end of the warm water pool will be available for members to use during classes.*

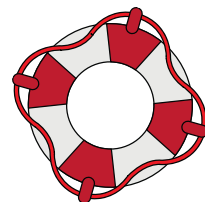
*A minimum of two lap lanes will remain available for reservations during lap pool classes.*

**NO class: September 4, November 23, & December 25**

Questions? Contact: [madison.barry@ascension.org](mailto:madison.barry@ascension.org)



# Class Descriptions



**Adult Swim Beginner (\$)**- Learn to swim or improve on your basic water skills. Work with a swim coach to build confidence in and around the water. All participants must register and pay for this class.

**Adult Swim Intermediate (\$)** - Looking to improve your swimming skills and can already swim a length of the pool unassisted? Join this group training with a swim coach to learn how to be more efficient in the water and get more from your swimming workouts. All participants must register and pay for this class.

**Ai Chi**- Slow repetitive movement in the warm water will help with balance and stretch the body and sooth the mind.

**Aqua Yoga**- Gentle stretches improve flexibility, balance and strength. No previous yoga experience necessary for this relaxing but energizing class.

**H2O Pi-Yo**- A hybrid of Aqua Yoga and Pilates. Improve flexibility & balance with additional focus on strengthening the core & body.

**Aqua Zumba**- It's a party in the pool! Combining international dance music and movements with aqua fitness principles creates this safe and challenging workout.

**Deep Water Exercise** - If you need a cardiovascular workout with no impact, try exercising in the deep water. This self-paced, non-swimming routine adjusts to any fitness level.

**Exercise for Everybody** - The warm water pool provides an inviting environment for this medium paced aerobics class. Components of strength training, flexibility and balance work add variety to keep you coming back for more.

**Joints in Motion**- Enjoy the soothing warm water pool in this special class designed for individuals with joint disease. Short aerobic component helps you stay moving.

**Stretch & Tone**- Improve strength and flexibility in this fun class in the warm water. A short aerobic portion will get the body moving and ready for developing strength, balance and flexibility.

**Open Deep/Shallow Water Exercise** - Dedicated lane space for those that would like to perform a self-guided workout without an instructor.

**Prenatal Water Exercise (\$)**- This class will reward you with incredible wellness benefits for you and your baby. Safe exercise, low-impact during pregnancy increases flexibility, improves recovery after childbirth, and improves emotional well-being. All participants must register and pay for this class.

**Water Exercise**- Get a complete workout without leaving the pool! A balance of cardio, strength, and stretching for all fitness levels.

