

# Pool Schedule



Ascension  
Borgess

Health & Fitness

*Effective June 2, 2025*

|          | Sunday                    | Monday                                                                              | Tuesday                                                                          | Wednesday                                                                      | Thursday                                        | Friday                                                                    | Saturday                                     |          |
|----------|---------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------|----------|
| 5:30-7am |                           |                                                                                     |                                                                                  | H2O Pi-Yo<br>7-7:45am<br>Madi                                                  |                                                 |                                                                           |                                              | 5:30-7am |
| 7-8am    |                           |                                                                                     | Water Ex<br>7:05-7:45am<br>Rose Ann                                              |                                                                                | Water Ex<br>7:05-7:45am<br>Rose Ann             |                                                                           |                                              | 7-8am    |
| 8-9am    |                           | Water Ex<br>8:15-8:55am<br>Madi                                                     |                                                                                  | Water Ex<br>8:15-8:55am<br>Chris                                               |                                                 | Water Ex<br>8:15-8:55am<br>Rose Ann                                       |                                              | 8-9am    |
| 9-10am   |                           | Ai Chi<br>9:05-9:45am<br>Kathie                                                     | Deep Water Ex<br>9:05-9:45am<br>Deb N.                                           |                                                                                | Deep Water Ex<br>9:05-9:45am<br>(No Instructor) | Ai Chi<br>9:05-9:45am<br>Kathie                                           |                                              | 9-10am   |
| 10-11am  |                           | H2O Pi-Yo<br>10:05-10:45am<br>Kathie<br>Joints in Motion<br>10:05-10:45am<br>Debbie | Joints in Motion<br>10:05-10:45am<br>Deb N.                                      | Joints in Motion<br>10:05-10:45am<br>Madi<br>Aqua Zumba<br>10:05-10:45am<br>AJ | Joints in Motion<br>10:05-10:45am<br>Laurie     | Aqua Yoga<br>10:05-10:45am<br>Kathie<br>Aqua Zumba<br>10:05-10:45am<br>AJ | Swim Lessons<br>\$\$ 9am-12pm<br>Lap & Spine | 10-11am  |
| 11-12pm  |                           |                                                                                     | Water Ex<br>11:05-11:45am<br>Shawn                                               |                                                                                | Water Ex<br>11:05-11:45am<br>Shawn              |                                                                           |                                              | 11-12pm  |
| 12-1pm   |                           | Stretch & Tone<br>12:05-12:45pm<br>Debbie                                           | Stretch & Tone<br>12:05-12:45pm<br>Shawn                                         | Stretch & Tone<br>12:05-12:45pm<br>Madi                                        | Stretch & Tone<br>12:05-12:45pm<br>Laurie       | Stretch & Tone<br>12:05-12:45pm<br>Shawn                                  |                                              | 12-1pm   |
| 1-2pm    |                           |                                                                                     |                                                                                  |                                                                                |                                                 |                                                                           |                                              | 1-2pm    |
| 2-3pm    | Friends & Family<br>1-3pm |                                                                                     |                                                                                  |                                                                                |                                                 |                                                                           |                                              | 2-3pm    |
| 3-4pm    |                           |                                                                                     |                                                                                  |                                                                                |                                                 |                                                                           | Friends & Family<br>2-5:45pm                 | 3-4pm    |
| 4-5pm    |                           |                                                                                     |                                                                                  |                                                                                |                                                 | Swim Lessons                                                              |                                              | 4-5pm    |
| 5-6pm    |                           | Swim Lessons                                                                        | Swim Lessons                                                                     | Swim Lessons                                                                   | Swim Lessons                                    | \$\$ 4:30-7pm<br>Lap & Warm                                               |                                              | 5-6pm    |
| 6-7pm    |                           | \$\$ 4:30-7pm<br>Lap & Spine                                                        | \$\$ 4:30-7pm<br>Lap & Spine                                                     | \$\$ 4:30-7pm<br>Lap & Warm                                                    | \$\$ 4:30-7pm<br>Lap & Spine                    |                                                                           |                                              | 6-7pm    |
| 7-8pm    |                           |                                                                                     |                                                                                  |                                                                                |                                                 | Friends & Family<br>7-9:15pm                                              |                                              | 7-8pm    |
| 8-9:15pm |                           |                                                                                     |                                                                                  |                                                                                |                                                 |                                                                           |                                              | 8-9:15pm |
|          | Sunday                    | Monday                                                                              | Tuesday                                                                          | Wednesday                                                                      | Thursday                                        | Friday                                                                    | Saturday                                     |          |
|          |                           | Prenatal Water<br>Exercise \$\$<br>6:30-7:15pm                                      | Stretch & Tone<br>6:30-7:15pm<br>Rotation<br>Adult Beg./Int.<br>\$\$ 7:25-8:15pm |                                                                                | Stretch & Tone<br>6:30-7:15pm<br>Jenn           |                                                                           |                                              |          |

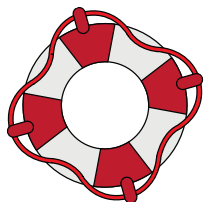
| Location Key | Open Times<br>for Swim | Warm<br>Pool | Lap<br>Pool | Spine<br>Pool | Swim<br>Lessons | Friends &<br>Family Swim | \$\$ Registration Required |
|--------------|------------------------|--------------|-------------|---------------|-----------------|--------------------------|----------------------------|
|--------------|------------------------|--------------|-------------|---------------|-----------------|--------------------------|----------------------------|

Lap Lane Reservations:  
[bhfc.clubautomation.com](http://bhfc.clubautomation.com)

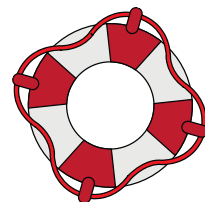


*The deep end of the warm water pool will be available for members to use during classes. A minimum of two lap lanes will remain available for reservations during lap pool classes. Warm Pool and Lap Pool are open for swim outside of class times.*

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.

