

AQUATIC CLASS SCHEDULE

MONDAYS

8:00am - Rise and Shine
9:00am - Morning Aqua-Size
10:00am - Morning Aqua-Size
11:00am - Ageless Aqua (Arthritis)
2:30pm - Aqua-Fit
3:30pm - Aqua-Fit
4:30pm - Hyrda-Blast
5:30pm - Aqua-Surge

TUESDAYS

9:00am - Aqua-Fit
10:00am - Aqua-Fit
11:00am - Aqua-Flex

WEDNESDAYS

8:00am - Rise and Shine
9:00am - Morning Aqua-Size
10:00am - Morning Aqua-Size
11:00am - Ageless Aqua (Arthritis)
2:30pm - Aqua-Fit
3:30pm - Aqua-Fit
4:30pm - Hyrda-Blast
5:30pm - Aqua Zumba

THURSDAYS

9:00am - Aqua-Fit
10:00am - Aqua-Fit
11:00am - Aqua-Flex

FRIDAYS

8:00am - Rise and Shine
9:00am - Morning Aqua-Size
10:00am - Morning Aqua-Size
11:00am - Ageless Aqua (Arthritis)

At this time, only VACCINATED employees and patrons are allowed in the wellness center and pool. Proof of vaccination will be required before using the facility. Each class will have a limit of 20 participants, so participants are encouraged to pre-register for classes beforehand. Simply call 336-527-7468 to sign up for a class. Classes will be in 2-month sessions and folks can join at any time. Participants are not required to wear a mask during their class time in the pool, however they are required to wear a mask upon entering the facility and leaving the facility, once out of the pool. All participants are required to complete a sign-in sheet upon each visit which includes a self-screening process with self-temperature check. We accept a variety of insurance programs including Silver Sneakers, Renew Active, Silver and Fit, and Prime Fitness. For more information on insurance programs, to see if you are eligible, pricing information, or any other questions, please call us anytime at 336-527-7468. We are so excited to welcome everyone back into our facility!



336-527-7468

700 Chatham Medical Park, Elkin, NC
hughchatham.org/wellness-center