

Bethany Wellness Pool and Whirlpool Schedule

Hours: 5:00am-10:00pm Sunday-Saturday

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-8:00am	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa ALL DAY	Buddy System Open Pool/Spa ALL DAY
8:00am-9:00am	OI Performance Swim	Buddy System Open Pool/Spa	OI Performance Swim	Buddy System Open Pool/Spa	OI Performance Swim		
9:00am-10:00am	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa		
10:00am-11:00am	OI Performance Swim	Buddy System Open Pool/Spa	OI Performance Swim	Buddy System Open Pool/Spa	OI Performance Swim		
11:00am-12:00pm	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa		
12:00pm-2:00pm	POOL CLOSED Every Monday-Friday for Water Treatment/Maintenance						
2:00pm-4:00pm	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa		
4:00pm-5:15pm	Buddy System Open Pool/Spa	Water Aerobics	Buddy System Open Pool/Spa	Water Aerobics	Buddy System Open Pool/Spa		
5:15pm-10:00pm	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa	Buddy System Open Pool/Spa		

NO SWIMMING or LAP LANES OPEN During OI Performance Swim Classes

OI Performance Swim: Taught by Orthopedic Institute Instructors! Uses the safety of the pool and incorporates different types of equipment (noodles, dumbbells, etc.) OI Performance (Aquatics) is designed to assist in developing greater balance, stability, and other measures of physical fitness that allow you to maintain and/or improve your confidence and independence!

Water Aerobics: Taught by Debbie! A higher impact water aerobics class that works your whole body - muscular and cardiovascular.

Buddy System Open Pool/Whirlpool: For wellness members and their guests (must be 18 years of age or older unless member is a Bethany resident). YOU MUST HAVE A BUDDY TO ENTER THE POOL OR WHIRLPOOL. THERE IS NO LIFEGUARD ON DUTY!

Bethany Wellness Fitness Center Schedule

Hours: 5:00am-10:00pm Sunday-Saturday

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-9:00am	Open Fitness Center	Open Fitness Center	Open Fitness Center	Open Fitness Center	Open Fitness Center	Open Fitness Center ALL DAY	Open Fitness Center ALL DAY
9:00am-10:00am	OI Performance Fitness	Open Fitness Center	OI Performance Fitness	Open Fitness Center	OI Performance Fitness		
10:00am-3:00pm	Open Fitness Center	Open Fitness Center	Open Fitness Center	Open Fitness Center	Open Fitness Center		
3:00pm-4:00pm	Open Fitness Center	Stretch & Balance in the Community Room	Open Fitness Center	Stretch & Balance in the Community Room	Open Fitness Center		
4:00pm-10:00pm	Open Fitness Center	Open Fitness Center	Open Fitness Center	Open Fitness Center	Open Fitness Center		

OI Performance Fitness: *Taught by Orthopedic Institute Instructors!* A full body approach to help you maintain your independence through traditional cardiovascular and resistance training strategies. We incorporate body weight as well as weighted exercises to help maintain and improve balance, strength, core stability, and other areas of physical fitness to help each individual maintain an active and healthy lifestyle!

Stretch & Balance: *Taught by Debbie!* Pilates fusion class for building strength, posture, balance, and flexibility. Bring mat and water.

Visit us on our website: www.BethanyHomeBrandon.WildApricot.org