



# AUGUST CLASS SCHEDULE 2025

**REHAB & FITNESS SERVICES**  
PO BOX 468  
57 Fairview Avenue  
Skowhegan, ME 04976  
**POOL: 207-858-8855**  
**CLINIC: 207-474-7000**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>INSTRUCTORS</b>  TYLER CATES SCOTT PADELFORD MANDY STETSON ANDY MASSUCCO TORI MACDONALD EMILY WITHAM JEN ROSE					<b>1</b> <b>7:05</b> Water Aerobics (L) <b>MANDY</b> <b>8:15</b> Circuit Training (W) <b>ANDY</b> <b>9:15</b> Water Fitness (L) <b>MANDY</b> <b>11:05</b> Arthritis/Fibro (T) <b>JEN</b>	<b>HOURS OF OPERATION:</b>
<b>MONTHLY MEMBERSHIP RATES:</b>	<b>4</b> <b>7:05</b> Water Aerobics (L) <b>MANDY</b> <b>8:15</b> Circuit Training (W) <b>SCOT</b> <b>9:15</b> Water Fitness (L) <b>EMILY</b> <b>11:05</b> Arthritis/Fibro (T) <b>JEN</b> <b>1:05</b> Water Fitness (L) <b>SCOT</b> <b>SWIMMING LESSONS 3-5PM</b>	<b>5</b> <b>8:05</b> Water Fitness (L) <b>MANDY</b> <b>10:05</b> Water Fitness (L) <b>ANDY</b>	<b>6</b> <b>7:05</b> Water Aerobics (L) <b>MANDY</b> <b>9:05</b> Circuit Training (W) <b>ANDY</b> <b>10:00</b> Chair yoga (W) TYLER <b>11:05</b> Arthritis/Fibro (T) TYLER <b>SWIMMING LESSONS 4:15-5:30PM</b>	<b>7</b> <b>8:05</b> Water Fitness (L) <b>MANDY</b> <b>10:05</b> Water Fitness (L) <b>ANDY</b> <b>SWIMMING LESSONS 4-5PM</b>	<b>8</b> <b>7:05</b> Water Aerobics (L) <b>MANDY</b> <b>8:15</b> Circuit Training (W) TYLER <b>9:15</b> Water Fitness (L) <b>SCOT</b> <b>11:05</b> Arthritis/Fibro (T) <b>SCOT</b>	<b>MON-THURS 7 AM - 6 PM</b>  <b>FRIDAY 7 AM - 4 PM</b>
<b>REGULAR: \$60.00</b> <b>REWARDS: \$45.00</b> <b>SENIOR: \$30.00*</b> <b>STUDENT: \$30.00</b>	<b>11</b> <b>7:05</b> Water Aerobics (L) <b>MANDY</b> <b>8:15</b> Circuit Training (W) <b>SCOT</b> <b>9:15</b> Water Fitness (L) <b>TORI</b> <b>11:05</b> Arthritis/Fibro (T) <b>JEN</b> <b>1:05</b> Water Fitness (L) <b>SCOT</b>	<b>12</b> <b>8:05</b> Water Fitness (L) <b>MANDY</b> <b>10:05</b> Water Fitness (L) <b>ANDY</b>	<b>13</b> <b>7:05</b> Water Aerobics (L) <b>MANDY</b> <b>9:05</b> Circuit Training (W) <b>ANDY</b> <b>10:00</b> Chair yoga (W) TYLER <b>11:05</b> Arthritis/Fibro (T) TYLER	<b>14</b> <b>8:05</b> Water Fitness (L) <b>TORI</b> <b>10:05</b> Water Fitness (L) <b>ANDY</b>	<b>15</b> <b>7:05</b> Water Aerobics (L) <b>MANDY</b> <b>8:15</b> Circuit Training (W) <b>ANDY</b> <b>9:15</b> Water Fitness (L) <b>TORI</b> <b>11:05</b> Arthritis/Fibro (T) <b>JEN</b>	<b>CLOSED DAILY 11:45 AM- 12:45 PM</b>  <b>RESERVATIONS REQUIRED FOR ALL POOL USE 858-8855</b>
<b>DAILY MEMBERSHIP RATES:</b>	<b>18</b> <b>7:05</b> Water Aerobics (L) <b>MANDY</b> <b>8:15</b> Circuit Training (W) <b>TORI</b> <b>9:15</b> Water Fitness (L) <b>TORI</b> <b>11:05</b> Arthritis/Fibro (T) <b>JEN</b> <b>1:05</b> Water Fitness (L) <b>TORI</b>	<b>19</b> <b>8:05</b> Water Fitness (L) <b>MANDY</b> <b>10:05</b> Water Fitness (L) <b>ANDY</b>	<b>20</b> <b>7:05</b> Water Aerobics (L) <b>MANDY</b> <b>9:05</b> Circuit Training (W) <b>ANDY</b> <b>10:00</b> Chair yoga (W) <b>TORI</b> <b>11:05</b> Arthritis/Fibro (T) <b>TORI</b>	<b>21</b> <b>8:05</b> Water Fitness (L) <b>TORI</b> <b>10:05</b> Water Fitness (L) <b>ANDY</b>	<b>22</b> <b>7:05</b> Water Aerobics (L) <b>MANDY</b> <b>8:15</b> Circuit Training (W) <b>TORI</b> <b>9:15</b> Water Fitness (L) <b>TORI</b> <b>11:05</b> Arthritis/Fibro (T) <b>JEN</b>	<b>(L) = LAP POOL</b>  <b>(T) = THERAPY POOL</b>  <b>(W) = WEIGHT ROOM</b>
<b>REGULAR: \$7.50</b> <b>STUDENT: \$3.00</b> <b>SENIOR: \$3.00*</b> <b>*60+ YEARS OLD</b>	<b>25</b> <b>7:05</b> Water Aerobics (L) <b>MANDY</b> <b>8:15</b> Circuit Training (W) <b>TORI</b> <b>9:15</b> Water Fitness (L) <b>TORI</b> <b>11:05</b> Arthritis/Fibro (T) <b>JEN</b> <b>1:05</b> Water Fitness (L) <b>TORI</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>AQUATIC CLASSES 35-45 MINUTES</b>  <b>CIRCUIT TRAINING 45 MINUTES</b>

**CLOSED FOR MAINTENANCE**