



# JULY 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> 8:05 Water Fitness (L) MANDY 10:05 Water Fitness (L) ANDY	<b>2</b> 7:05 Water Aerobics (L) MANDY 9:05 Circuit Training (W) ) ANDY 10:00 Chair yoga (W) TYLER 11:05 Arthritis/Fibro (T) TYLER SWIMMING LESSONS 4:15-5:30PM	<b>3</b> 8:05 Water Fitness (L) SCOT 10:05 Water Fitness (L) ANDY SWIMMING LESSONS 4-5PM	<b>4</b> <b>CLOSED</b> <b>Celebrating</b> <b>Independence Day</b>	<b>HOURS OF OPERATION:</b>
<b>MONTHLY MEMBERSHIP RATES:</b>	<b>7</b> 7:05 Water Aerobics (L) MANDY 8:15 Circuit Training (W) SCOT 9:15 Water Fitness (L) SCOT 11:05 Arthritis/Fibro (T) JEN 1:05 Water Fitness (L) EMILY SWIMMING LESSONS 3-5PM	<b>8</b> 8:05 Water Fitness (L) MANDY 10:05 Water Fitness (L) ANDY	<b>9</b> 7:05 Water Aerobics (L) MANDY 9:05 Circuit Training (W) ) ANDY 10:00 Chair yoga (W) TYLER 11:05 Arthritis/Fibro (T) TYLER SWIMMING LESSONS 4:15-5:30PM	<b>10</b> 8:05 Water Fitness (L) SCOT 10:05 Water Fitness (L) ANDY SWIMMING LESSONS 4-5PM	<b>11</b> 7:05 Water Aerobics (L) MANDY 8:15 Circuit Training (W) TYLER 9:15 Water Fitness (L) TYLER 11:05 Arthritis/Fibro (T) SCOT	<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>14</b> 7:05 Water Aerobics (L) MANDY 8:15 Circuit Training (W) SCOT 9:15 Water Fitness (L) SCOT 11:05 Arthritis/Fibro (T) JEN 1:05 Water Fitness (L) EMILY SWIMMING LESSONS 3-5PM	<b>15</b> 8:05 Water Fitness (L) MANDY 10:05 Water Fitness (L) ANDY	<b>16</b> 7:05 Water Aerobics (L) MANDY 9:05 Circuit Training (W) ANDY 10:00 Chair yoga (W) TYLER 11:05 Arthritis/Fibro (T) TYLER SWIMMING LESSONS 4:15-5:30PM	<b>17</b> 8:05 Water Fitness (L) SCOT 10:05 Water Fitness (L) ANDY SWIMMING LESSONS 4-5PM	<b>18</b> 7:05 Water Aerobics (L) MANDY 8:15 Circuit Training (W) TYLER 9:15 Water Fitness (L) SCOT 11:05 Arthritis/Fibro (T) SCOT	<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>21</b> 7:05 Water Aerobics (L) MANDY 8:15 Circuit Training (W) SCOT 9:15 Water Fitness (L) SCOT 11:05 Arthritis/Fibro (T) JEN 1:05 Water Fitness (L) SCOT SWIMMING LESSONS 3-5PM	<b>22</b> 8:05 Water Fitness (L) MANDY 10:05 Water Fitness (L) ANDY	<b>23</b> 7:05 Water Aerobics (L) MANDY 9:05 Circuit Training (W) ANDY 10:00 Chair yoga (W) TYLER 11:05 Arthritis/Fibro (T) TYLER SWIMMING LESSONS 4:15-5:30PM	<b>24</b> 8:05 Water Fitness (L) SCOT 10:05 Water Fitness (L) ANDY SWIMMING LESSONS 4-5PM	<b>25</b> 7:05 Water Aerobics (L) MANDY 8:15 Circuit Training (W) TYLER 9:15 Water Fitness (L) SCOT 11:05 Arthritis/Fibro (T) SCOT	<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>28</b> 7:05 Water Aerobics (L) MANDY 8:15 Circuit Training CANCELED 9:15 Water Fitness (L) EMILY 11:05 Arthritis/Fibro (T) JEN 1:05 Water Fitness (L) MANDY SWIMMING LESSONS 3-5PM	<b>29</b> 8:05 Water Fitness (L) MANDY 10:05 Water Fitness (L) ANDY	<b>30</b> 7:05 Water Aerobics (L) MANDY 9:05 Circuit Training (W) ANDY 10:00 Chair yoga (W) TYLER 11:05 Arthritis/Fibro (T) TYLER SWIMMING LESSONS 4:15-5:30PM	<b>31</b> 8:05 Water Fitness (L) TYLER 10:05 Water Fitness (L) ANDY SWIMMING LESSONS 4-5PM		<b>AQUATIC CLASSES 35-45 MINUTES</b> <b>CIRCUIT TRAINING 45 MINUTES</b>