



# OCTOBER CLASS SCHEDULE 2025

**REDINGTON REHAB**  
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> <u>7:05</u> Water Aerobics (L) ) <b>TORI</b> <u>9:05</u> Circuit Training (W) ) <b>ANDY</b> <u>10:00</u> Chair yoga (W) TYLER <u>11:05</u> Arthritis/Fibro (T) TYLER	<b>2</b> <u>8:05</u> Water Fitness (L) <b>TORI</b> <u>10:05</u> Water Fitness (L) <b>ANDY</b>	<b>3</b> <u>7:05</u> Water Aerobics (L) ) <b>TORI</b> <u>9:05</u> Circuit Training (W) TYLER <u>10:05</u> Water Fitness (L) <b>TORI</b> <u>11:05</u> Arthritis/Fibro (T) <b>JEN</b>	<b>HOURS OF OPERATION:</b>
<b>MONTHLY MEMBERSHIP RATES:</b>	<b>6</b> <u>7:05</u> Water Aerobics (L) <b>MANDY</b> <u>9:05</u> Circuit Training (W) <b>SCOT</b> <u>10:05</u> Water Fitness (L) <b>TORI</b> <u>11:05</u> Arthritis/Fibro (T) <b>JEN</b> <u>1:05</u> Water Fitness (L) <b>SCOT</b> Swimming Lessons 3:30-5:30pm	<b>7</b> <u>8:05</u> Water Fitness (L) <b>MANDY</b> <u>10:05</u> Water Fitness (L) <b>ANDY</b> Swimming Lessons 4:00-5:00pm	<b>8</b> <u>7:05</u> Water Aerobics (L) <b>MANDY</b> <u>9:05</u> Circuit Training (W) ) <b>ANDY</b> <u>10:00</u> Chair yoga (W) TYLER <u>11:05</u> Arthritis/Fibro (T) TYLER	<b>9</b> <u>8:05</u> Water Fitness (L) <b>TORI</b> <u>10:05</u> Water Fitness (L) <b>ANDY</b>	<b>10</b> <u>7:05</u> Water Aerobics (L) <b>MANDY</b> <u>9:05</u> Circuit Training (W) TYLER <u>10:05</u> Water Fitness (L) <b>TORI</b> <u>11:05</u> Arthritis/Fibro (T) <b>SCOT</b>	<b>MON-THURS</b> <b>7 AM - 6 PM</b> <b>FRIDAY</b> <b>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>13</b> <u>7:05</u> Water Aerobics (L) <b>MANDY</b> <u>9:05</u> Circuit Training (W) <b>SCOT</b> <u>10:05</u> Water Fitness (L) <b>TORI</b> <u>11:05</u> Arthritis/Fibro (T) <b>JEN</b> <u>1:05</u> Water Fitness (L) <b>SCOT</b> Swimming Lessons 3:30-5:30pm	<b>14</b> <u>8:05</u> Water Fitness (L) <b>MANDY</b> <u>10:05</u> Water Fitness (L) <b>ANDY</b> Swimming Lessons 4:00-5:00pm	<b>15</b> <u>7:05</u> Water Aerobics (L) <b>MANDY</b> <u>9:05</u> Circuit Training (W) <b>ANDY</b> <u>10:00</u> Chair yoga (W) TYLER <u>11:05</u> Arthritis/Fibro (T) TYLER	<b>16</b> <u>8:05</u> Water Fitness (L) <b>TORI</b> <u>10:05</u> Water Fitness (L) <b>ANDY</b>	<b>17</b> <u>7:05</u> Water Aerobics (L) <b>MANDY</b> <u>9:05</u> Circuit Training (W) TYLER <u>10:05</u> Water Fitness (L) <b>TORI</b> <u>11:05</u> Arthritis/Fibro (T) <b>SCOT</b>	<b>CLOSED DAILY</b> <b>11:45 AM- 12:45 PM</b> <b>RESERVATIONS</b> <b>REQUIRED FOR ALL</b> <b>POOL USE</b> <b>858-8855</b>
<b>DAILY MEMBERSHIP RATES:</b>	<b>20</b> <u>7:05</u> Water Aerobics (L) <b>MANDY</b> <u>9:05</u> Circuit Training (W) <b>SCOT</b> <u>10:05</u> Water Fitness (L) <b>TORI</b> <u>11:05</u> Arthritis/Fibro (T) <b>JEN</b> <u>1:05</u> Water Fitness (L) <b>SCOT</b> Swimming Lessons 3:30-5:30pm	<b>21</b> <u>8:05</u> Water Fitness (L) <b>MANDY</b> <u>10:05</u> Water Fitness (L) <b>ANDY</b> Swimming Lessons 4:00-5:00pm	<b>22</b> <u>7:05</u> Water Aerobics (L) <b>MANDY</b> <u>9:05</u> Circuit Training (W) <b>ANDY</b> <u>10:00</u> Chair yoga (W) TYLER <u>11:05</u> Arthritis/Fibro (T) TYLER	<b>23</b> <u>8:05</u> Water Fitness (L) <b>TORI</b> <u>10:05</u> Water Fitness (L) <b>ANDY</b> Employee Water Aerobics 5:00pm	<b>24</b> <u>7:05</u> Water Aerobics (L) <b>MANDY</b> <u>9:05</u> Circuit Training (W) TYLER <u>10:05</u> Water Fitness (L) <b>TORI</b> <u>11:05</u> Arthritis/Fibro (T) <b>SCOT</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>27</b> <u>7:05</u> Water Aerobics (L) <b>MANDY</b> <u>9:05</u> Circuit Training (W) <b>SCOT</b> <u>10:05</u> Water Fitness (L) <b>TORI</b> <u>11:05</u> Arthritis/Fibro (T) <b>JEN</b> <u>1:05</u> Water Fitness (L) <b>SCOT</b> Swimming Lessons 3:30-5:30pm	<b>28</b> <u>8:05</u> Water Fitness (L) <b>MANDY</b> <u>10:05</u> Water Fitness (L) <b>ANDY</b> Swimming Lessons 4:00-5:00pm	<b>29</b> <u>7:05</u> Water Aerobics (L) <b>MANDY</b> <u>9:05</u> Circuit Training (W) <b>ANDY</b> <u>10:00</u> Chair yoga (W) TYLER <u>11:05</u> Arthritis/Fibro (T) TYLER	<b>30</b> <u>8:05</u> Water Fitness (L) <b>TORI</b> <u>10:05</u> Water Fitness (L) <b>ANDY</b>	<b>31</b> <u>7:05</u> Water Aerobics (L) <b>MANDY</b> <u>9:05</u> Circuit Training (W) TYLER <u>10:05</u> Water Fitness (L) <b>TORI</b> <u>11:05</u> Arthritis/Fibro (T) <b>SCOT</b>	<b>AQUATIC CLASSES</b> <b>35-45 MINUTES</b>  <b>CIRCUIT TRAINING</b> <b>45 MINUTES</b>