


SEPTEMBER 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
INSTRUCTORS TYLER CATES SCOTT PADELFORD MANDY STETSON ANDY MASSUCCO TORI MACDONALD EMILY WITHAM JEN ROSE	1 <u>CLOSED</u>	2 8:05 Water Fitness (L) SCOT 10:05 Water Fitness (L) ANDY	3 7:05 Water Aerobics (L) TORI 9:05 Circuit Training (W)) ANDY 10:00 Chair yoga (W) TYLER 11:05 Arthritis/Fibro (T) TYLER	4 8:05 Water Fitness (L) TORI 10:05 Water Fitness (L) ANDY	5 7:05 Water Aerobics (L) TORI 9:05 Circuit Training (W) TYLER 10:05 Water Fitness (L) TORI 11:05 Arthritis/Fibro (T) SCOT	HOURS OF OPERATION:
MONTHLY MEMBERSHIP RATES:	8 7:05 Water Aerobics (L) MANDY 9:05 Circuit Training (W) SCOT 10:05 Water Fitness (L) TORI 11:05 Arthritis/Fibro (T) JEN 1:05 Water Fitness (L) SCOT	9 8:05 Water Fitness (L) TORI 10:05 Water Fitness (L) ANDY	10 7:05 Water Aerobics (L) TORI 9:05 Circuit Training (W)) ANDY 10:00 Chair yoga (W) TYLER 11:05 Arthritis/Fibro (T) TYLER	11 8:05 Water Fitness (L) TORI 10:05 Water Fitness (L) ANDY	12 7:05 Water Aerobics (L) SCOT 9:05 Circuit Training (W) TYLER 10:05 Water Fitness (L) TORI 11:05 Arthritis/Fibro (T) SCOT	MON-THURS 7 AM - 6 PM FRIDAY 7 AM - 4 PM
REGULAR: \$60.00 REWARDS: \$45.00 SENIOR: \$30.00* STUDENT: \$30.00	15 7:05 Water Aerobics (L) MANDY 9:05 Circuit Training (W) SCOT 10:05 Water Fitness (L) TORI 11:05 Arthritis/Fibro (T) JEN 1:05 Water Fitness (L) SCOT	16 8:05 Water Fitness (L) MANDY 10:05 Water Fitness (L) ANDY	17 7:05 Water Aerobics (L) MANDY 9:05 Circuit Training (W) ANDY 10:00 Chair yoga (W) TYLER 11:05 Arthritis/Fibro (T) TYLER	18 8:05 Water Fitness (L) TORI 10:05 Water Fitness (L) ANDY	19 7:05 Water Aerobics (L) MANDY 9:05 Circuit Training (W) TYLER 10:05 Water Fitness (L) TORI 11:05 Arthritis/Fibro (T) SCOT	CLOSED DAILY 11:45 AM- 12:45 PM RESERVATIONS REQUIRED FOR ALL POOL USE 858-8855
DAILY MEMBERSHIP RATES:	22 7:05 Water Aerobics (L) MANDY 9:05 Circuit Training (W) SCOT 10:05 Water Fitness (L) TORI 11:05 Arthritis/Fibro (T) JEN 1:05 Water Fitness (L) SCOT	23 8:05 Water Fitness (L) MANDY 10:05 Water Fitness (L) ANDY	24 7:05 Water Aerobics (L) MANDY 9:05 Circuit Training (W) ANDY 10:00 Chair yoga (W) TYLER 11:05 Arthritis/Fibro (T) TYLER	25 8:05 Water Fitness (L) TORI 10:05 Water Fitness (L) ANDY	26 7:05 Water Aerobics (L) MANDY 9:05 Circuit Training (W) TYLER 10:05 Water Fitness (L) TORI 11:05 Arthritis/Fibro (T) SCOT	(L) = LAP POOL (T) = THERAPY POOL (W) = WEIGHT ROOM
REGULAR: \$7.50 STUDENT: \$3.00 SENIOR: \$3.00* *60+ YEARS OLD	29 7:05 Water Aerobics (L) MANDY 9:05 Circuit Training (W) TORI 10:05 Water Fitness (L) TORI 11:05 Arthritis/Fibro (T) JEN 1:05 Water Fitness (L) MANDY	30 8:05 Water Fitness (L) MANDY 10:05 Water Fitness (L) ANDY				AQUATIC CLASSES 35-45 MINUTES CIRCUIT TRAINING 45 MINUTES