



Vitality & Aquatics Center Programs

Open Pool – Melt away your aches and pains in the pool by exercising or simply relaxing in the warm water.

Aquatic Arthritis Class – Improve your range of motion, muscle strength, and endurance in this 45 minute arthritis geared workout.

Yoga 4 Balance – Strengthen your core and improve your balance and flexibility all while sitting in a chair.

Fit & Fun – Increase your strength and endurance in this medium intensity chair class. Workouts include exercises with bodyweight, balls, and dumbbells.

Personal Training – Get a fitness evaluation, a personalized workout and one on one attention to help you reach all your fitness goals.

If you have questions about any of the classes or would like to set up a personal training session call us at (651) 328-2051.

Vitality & Aquatics Center Hours

Monday – Thursday: 6:00 AM – 8:45 PM

Friday: 6:00 AM – 4:00 PM

Saturday and Sunday: 10:00 AM – 4:00 PM

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|--|--|--|--|---------------------------------------|---------------------------------|
| | Open Pool 6:00 AM – 4:00 PM & 4:45 PM – 8:30 PM | Open Pool 6:00 AM – 4:00 PM & 4:45 PM – 8:30 PM | Open Pool 6:00 AM – 4:00 PM & 4:45 PM – 8:30 PM | Open Pool 6:00 AM – 4:00 PM & 4:45 PM – 8:30 PM | Open Pool 6:00 AM – 3:45PM | |
| Open Pool 10:00 AM – 3:45 PM | Yoga 4 Balance 10:00 AM – 10:30 AM | Fit & Fun 10:00 AM – 10:30 AM | Yoga 4 Balance 10:00 AM – 10:30 AM | Fit & Fun 10:00 AM – 10:30 AM | Yoga 4 Balance 10:00 AM – 10:30 AM | Open Pool 10:00 AM – 3:45 PM |
| | Aquatic Arthritis 4:00 – 4:45 PM | Aquatic Arthritis 4:00- 4:45 PM | Aquatic Arthritis 4:00 – 4:45 PM | Aquatic Arthritis 4:00 – 4:45 PM | | |