

Rex Wellness Center – Cary

Lap Pool Availability

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|------------------------------------|---|---|---|---------------------------------|
| 5:00-8:00 | <i>POOL OPENS at 5:00 a.m.</i> | | | | | <i>POOL OPENS 8:00 a.m.</i> | <i>POOL OPENS 8:00 a.m.</i> |
| 8:00-9:00 | <i>8:15-9:00 H2O Fitness</i> | <i>8:15-9:00 H2O Fitness</i> | <i>8:15-9:00 H2O Fitness</i> | <i>8:15-9:00 H2O Fitness</i> | <i>8:15-9:00 H2O Fitness</i> | | |
| 9:00-9:55 | | | | | | | |
| 10:00-11:00 | <i>10:00-10:45 H2O Fitness</i> | <i>10:00-10:45 Water Walking or H2O Fitness</i> | <i>10:00-10:45 H2O Fitness</i> | <i>10:00-10:45 Water Walking or H2O Fitness</i> | <i>10:00-10:45 H2O Fitness</i> | | |
| 11:00-12:00 | | | | | | <i>11:00-11:45 H2O Fitness</i> | |
| 12:00-1:00 | | | | | | | |
| 1:00-2:00 | | | | | | | |
| 2:00-2:55 | | | | | | | |
| 3:00-4:00 | | <i>3:00-3:45 H2O Fitness</i> | | <i>3:00-3:45 H2O Fitness</i> | | | |
| 4:00-5:25 *if class begins at 5:30pm | | | | | | | |
| 5:00-6:00 | <i>5:30-6:15 H2O Fitness</i> | | <i>5:30-6:15 H2O Fitness</i> | | | <i>POOL CLOSSES at 5:45 p.m.</i> | |
| 6:00-7:00 | | <i>6:30-7:15 H2O Fitness</i> | | <i>6:30-7:15 H2O Fitness</i> | | | |
| 7:00-8:00 | | | | | <i>POOL CLOSSES at 7:45 p.m.</i> | | |
| 8:00-8:45 | <i>POOL CLOSSES at 8:45 p.m.</i> | | | | | | |

Lap Swimming may not be available during Aqua Aerobics or Water Walking class times. Lap Lanes are dismantled 5 minutes before class begins. Please be aware that participants do come late to class and more lanes may be dismantled once class begins. Class always gets priority of the pool, please do not plan on swimming during class times.
*Water Walking ALWAYS takes the whole pool.