**Fraim Center for Active Adults**

**SUMMER 2025 - POOL Schedule**

**Summer Schedule: starts June 16th.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 3 Lap Lanes &  Open Swim  (6:00am-8:00am)  Monday Instructor:  Jacqueline Riley | 3 Lap Lanes &  Open Swim  (6:00am-8:00am)  Tuesday Instructor:  Barb McAnany | 3 Lap Lanes &  Open Swim  (6:00am-8:00am)  Wednesday Instructor:  Faith DiSipio | 3 Lap Lanes &  Open Swim  (6:00am-8:00am)  Thursday Instructor:  Barb M. & Mary Owens | 3 Lap Lanes &  Open Swim  (6:00am-8:00am)  Friday Instructor:  Mary Owens |
| **Cardio Deep**  **Water Workout**  8:15am-9:00am | **Arthritis Class**  8:00am-8:45am | **DEEP**  **Water Workout**  8:15am-9:00am | **Arthritis/Hydro Zen**  8:00am-8:45am  (Barb) | **Cardio Deep**  **Water Workout**  8:15am-9:00am |
| **Aqua**  **Cardio Class**  9:00am-9:45am | **Aqua Cardio**  8:45am-9:30am | **Aqua**  **Cardio Class**  9:00am-9:45am | **Water Pilates**  (Mary Owens)  8:45am-9:30am | **Aqua**  **Cardio Class**  9:00am-9:45am |
| **Arthritis**  **PLUS Class**  9:45-10:30am | **Water Volleyball**  9:30am-10:30am | **Stretching &**  **Balance Class**  9:45am-10:30am | **Water Volleyball**  9:30am-10:30am | **Arthritis**  **PLUS Class**  9:45-10:30am |
| **DEEP WATER**  **Open Swim**  9:00am-10:30am  Pool Closes at 10:30am | **Deep Water**  **Open Swim**  9:00am-10:30am  Pool Closes at 10:30am | **Deep Water**  **Open Swim**  9:00am-10:30am  Pool Closes at 10:30am | **Deep Water**  **Open Swim**  9:00am-10:30am  Pool Closes at 10:30am | **Deep Water**  **Open Swim**  9:00am-10:30am  Pool Closes at 10:30am |
| **Out of Locker Rooms by** **11:00am** | **Out of Locker Rooms by 11:00am** | **Out of Locker Rooms by 11:00am** | **Out of Locker Rooms 11:00am** | **Out of Locker Rooms by 11:00am** |

**\*Saturday morning swim from 7:00am-10:00am (Pool Members Only)**

**Fraim Center for Active Adults**

**SUMMER 2025 - Fitness Schedule**

**Summer Schedule: starts June 16th.**

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Strength &**  **Mobility Class**  7:30am-8:05am  Large Gym  (Barb M.) | **Intervals**  8:00am-8:45am  Large Gym  (Casey) | **Strength &**  **Mobility Class**  7:30am-8:10am  Large Gym  (Barb M.) | **Intervals**  8:00am-8:45am  Large Gym  (Casey) | **Strength &**  **Mobility Class**  7:30am-8:10am  Large Gym  (Barb M.) |
| **Yoga**  9:00am-10:00am  Teen Center  Downstairs  (Sahr Abu) | **Blast ABS & Core:**  9:00am-9:30am  Teen Center  (Casey) | **T’ai Chi chih**  8:15am-8:50am  (Barb) | **Blast ABS & Core:**  9:00am-9:30am  Teen Center  (Casey) | **Yoga**  9:00am-10:00am  Teen Center Downstairs  (Sahr Abu) |
|  | **ZUMBA**  9:30am-10:30am.  Teen Center  Downstairs  (Sandy Jones) | **Chair Yoga**  9:00am-10:00am  Teen Center  Downstairs  (Jacqueline) | **ZUMBA**  9:30am-10:30am  Teen Center  Downstairs  (Sandy Jones) |  |

**Fitness Room Open Monday-Friday from 6:00am-12:00pm**

[**www.FraimCenter.org**](http://www.FraimCenter.org)

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