**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-10:30amPool Closes at 10:30am | **Deep Water****Open Swim**9:00am-10:30amPool Closes at 10:30am | **Deep Water****Open Swim**9:00am-10:30amPool Closes at 10:30am | **Deep Water****Open Swim**9:00am-10:30amPool Closes at 10:30am | **Deep Water****Open Swim**9:00am-10:30amPool 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-10:00amTeen Center Downstairs(Sahr Abu) | **Blast ABS & Core:**9:00am-9:30amTeen Center(Casey) | **T’ai Chi chih**8:15am-8:50am (Barb) | **Blast ABS & Core:**9:00am-9:30amTeen Center(Casey) | **Yoga**9:00am-10:00amTeen Center Downstairs(Sahr Abu) |
|  | **ZUMBA**9:30am-10:30am.Teen Center Downstairs(Sandy Jones) | **Chair Yoga**9:00am-10:00amTeen Center Downstairs(Jacqueline) | **ZUMBA**9:30am-10:30amTeen 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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**Office: 302-658-8420**