

HARNETT HEALTH BETSY JOHNSON HOSPITAL

(910)892-1000 EXT. 4610

Aquatic Exercise Program

Community Fees

2 Days/Wk: \$35 per month

2 Days/Wk: \$60 per month (Couple Fees)

3 Days/Wk: \$48 per month

4 Days/Wk: \$60 per month

Employee Fees

1 Day/Wk: \$10 per month

2 Days/Wk: \$15 per month

3 Days/Wk: \$22 per month

4 Days/Wk: \$28 per month

Days & Hours

Monday (Aqua Fit)

Wednesday (Aqua Mix/Tabata, Boot Camp, Zumba)

Friday (Yoga)

Aquatics Instructor: Danette Spurlock

7:30 – 8:30 am

Monday & Thursday Mornings/Afternoons

Aquatics Instructor: Bobbie Barbour

9:00 – 10:00 am

10:00 – 11:00 am

11:30 – 12:30 pm

1:00 – 2:00 pm

Tuesday & Friday Mornings/Afternoons

Aquatics Instructor: Bobbie Barbour

9:00 – 10:00 am

10:00 – 11:00 am

11:30 – 12:30 pm

1:00 – 2:00 pm

Monday Afternoons

Aquatics Instructor: Vicky Grady

5:00 – 6:00 pm

6:00 – 7:00 pm

Tuesday, Wednesday & Thursday Afternoons

Aquatics Instructor: Vicky Grady

4:00 – 5:00 pm

5:00 – 6:00 pm

6:00 – 7:00 pm