



Water Exercise Class Schedule

Millbrook Pool – 1905 Spring Forest Rd. – 919-996-4130		
Monday/Thursday	Power Hour	6 PM-7 PM
Saturday	Power Hour	8 AM- 9 AM
Millbrook Exchange Pool Notes		
Pool will be closed January 1 & 2 for New Years, January 16 for MLK DAY, and April 9 for Easter.		
Optimist Pool – 5902 Whittier Dr. – 919-996-2790		
Monday/Wednesday/Friday	Water Walking Plus	9 AM -10 AM
	Hydro-Fusion	10 AM -11 AM
	Intervals	11 AM -12 PM
Tuesday/Thursday	Hydro-Fusion	9 AM -10 AM
Optimist Pool Notes		
Pool will be closed January 1 & 2 New Years, January 16 for MLK DAY, and April 9 for Easter.		
Pullen Aquatic Center – 410 Ashe Ave. – 919-996-6197		
Monday/Wednesday/Friday	Intervals	8:30 AM-9:30 AM
	Join-T	9:45 AM-10:45 AM (Teach Pool)
Tuesday	Advanced Pool Pilates	10 AM-11 AM (Main Pool)
	Intro to Pool Pilates	11 AM-12 PM (Teach Pool)
Pullen Aquatic Center Notes		
Pool will be closed January 1 & 2 New Years, January 16 for MLK DAY, and April 9 for Easter.		