

Aquatic & Exercise Class Schedule



Fitness Gym

Exercise Maintenance – Transition to an Active Lifestyle

Monday	08:00- 10:00 AM
Wednesday	08:00- 10:00 AM
Friday	08:00- 10:00 AM

Aquatic Center

Water Aerobics – Instructor Led Classes

Monday	9:30 AM • 11:00 AM • 5:30 PM
Tuesday	10:00 AM Transition Class • 5:30 PM
Wednesday	9:30 AM • 11:00 AM
Thursday	10:00 AM Transition Class • 5:30 PM
Friday	9:30 AM • 11:00 AM • 5:30 PM
Saturday	9:00 AM
Classes are 60 minutes in length. Classes may be limited in size. Please arrive early. Schedules could change. Please check the WEB site for latest schedule.	

Open Pool – Free Style Swim & Exercise On Your Own

Monday	08:00- 09:00 AM	Free Style Swim & Exercise
Wednesday	08:00- 09:00 AM	Free Style Swim & Exercise
Friday	08:00- 09:00 AM	Free Style Swim & Exercise

Per Class - No Contract: \$6.00 each

NBTS Punch Card- 12 Classes: \$60.00

The NBTS Punch Card can be used for water aerobics, free swim or the exercise maintenance. This keeps you price at \$5.00 for each event and you have 1 year from date of purchase to redeem.

new beginning therapeutic services llc.

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NEAR THE BODYPLEX FITNESS CENTER

Check our online calendar at www.nbts.us for the latest schedule.
Call 706-253-6287 or email us at info@nbts.us for more information.