



AQUATICS SCHEDULE

AQUA-FITNESS INCLEMENT WEATHER SCHEDULE

MONDAY		
TIME	CLASS	LOCATION
9:15 AM	Hydro Flex	Warm pool
10:00 AM	Aqua Kickboxing	Main Pool
5:30 PM	Aqua Deep	Deep Pool

TUESDAY		
CLASS	LOCATION	
8:30 AM	Aqua Walking	Main pool
9:30 AM	Aqua Deep	Deep pool
5:30 PM	Aqua Energizer	Main pool

WEDNESDAY		
TIME	CLASS	LOCATION
9:15 AM	SilverSplash(SilverSneakers®)	Choice
10:00 AM	Aqua Energizer	Main pool
5:30 PM	Aqua Deep	Deep pool

THURSDAY		
TIME	CLASS	LOCATION
8:30 AM	Aqua Walking	Main pool
9:30 AM	Aqua Deep	Deep pool
5:30 PM	Aqua Kickboxing	Main pool

FRIDAY		
TIME	CLASS	LOCATION
9:15 AM	Aqua Deep	Deep pool
10:15 AM	Aqua Energizer	Main pool

SATURDAY		
TIME	CLASS	LOCATION
8:00 AM	Aqua Deep	Deep pool