


AQUA FITNESS SCHEDULE

FEBRUARY 1, 2023 - FEBRUARY 28, 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	8:00am-8:50am Aqua Sculpt Gerry 4 Lanes	8:00am-8:50am Aqua Mixx Gerry 4 Lanes	8:00am-8:50am Aqua Strength Alx 4 Lanes	8:00am-8:50am Aqua Mixx Gerry 4 Lanes		
8:50 AM						
9:00 AM	9:00am-9:45am Aqua Yoga Amanda 3 Lanes	9:00am-9:50am Aqua Mixx Alx 4 Lanes	9:00am-9:50am Qi Water Walking Plus Marjorie 4 Lanes	9:00am-9:50am Aqua Sculpt Gerry 4 Lanes	9:00am-9:45am Aqua Yoga Amanda 3 Lanes	9:00am-9:50am Aqua Bootcamp Gerry 4 Lanes
9:50 AM						
10:00 AM	10:00am-11:00am Aqua Jam Kathleen All Lanes	10:00am-10:50am "Be Fit" Aqua Pam 2 Lanes	10:00am-11:00am Aqua Jam Kathleen All Lanes	10:00am-10:50am "Be Fit" Aqua Sherry 2 Lanes	10:00am-11:00am Aqua Jam Kathleen All Lanes	
11:00 AM						
11:30 AM	11:30am-12:15pm Qi Water Walking Plus Marjorie 4 Lanes					
12:30 PM						
6:30 PM		6:30pm-7:30pm Aqua Blast! Carol 3 Lanes	 Katz JCC, Cherry Hill, NJ 1301 Springdale Rd Cherry Hill, NJ 08003 www.katzjcc.org			
7:30 PM						