

AQUA FITNESS SCHEDULE

MARCH 1, 2023 - APRIL 30, 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	8:00am-8:50am Aqua Sculpt Gerry 3 Lanes	8:00am-8:50am Aqua Mixx Gerry 3 Lanes	8:00am-8:50am Aqua Strength Alx 3 Lanes	8:00am-8:50am Aqua Mixx Gerry 3 Lanes		
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 2 Lanes	9:00am-9:50am Aqua Sculpt Gerry 3 Lanes	9:00am-9:45am Aqua Yoga Amanda 3 Lanes	9:00am-9:50am Aqua Bootcamp Gerry 3 Lanes
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	
11:30 AM	11:30am-12:15pm Qi Water Walking Plus Marjorie 2 Lanes					
6:30 PM		6:30pm-7:30pm Aqua Blast! Carol 2 Lanes				

