

AQUA FITNESS SCHEDULE

January 2, 2024 - March 31, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	8:00am-8:45am Aqua Yoga Amanda 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 Deep Water Walking Plus Marjorie 3 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	9:00am-9:50am Aqua Zumba Chris 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	11:15am-12pm Deep Water Walking Plus Marjorie 3 Lanes						
6:30 PM		6:30pm-7:20pm Aqua Zumba Chris 3 Lanes					

 **Katz JCC**
Swimming