

AQUA FITNESS SCHEDULE

Outdoor Lap Pool August 19, 2024 - September 10, 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-8:50am Aqua Tai Chi & QiGong Joaquin 3 Lanes		
9:00 AM	9:00am-9:45am Aqua Yoga Joann 3 Lanes	9:00am-9:50am Aqua Mixx Alx 3 Lanes		9:00am-9:50am Aqua Dynamics Kathleen 3 Lanes	9:00am-9:45am Aqua Yoga Joann 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 4 Lanes (25 PER CLASS)	10:00am-10:50am "Be Fit" Aqua Pam 2 Lanes	10:00am-11:00am Aqua Jam Kathleen 4 Lanes (25 PER CLASS)	10:00am-10:50am "Be Fit" Aqua Sherry 2 Lanes	10:00am-11:00am Aqua Jam Kathleen 4 Lanes (25 PER CLASS)		
11:30 AM							

*Lap swimmers must vacate the lap lanes 5 minutes prior to the beginning of the class.

