

AQUA FITNESS SCHEDULE

December 23, 2024 - March 30, 2025

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			
9:00 AM	9:00am-9:45am Aqua Yoga Karen 3 Lanes	9:00am-9:50am Aqua Mixx Alx 4 Lanes	9:00am-9:50am Aqua Strength Alx 3 Lanes	9:00am-9:50am Aqua Dynamics Kathleen 3 Lanes	9:00am-9:45am Aqua Yoga Karen 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-11:50am Deep Aqua Mix Joann 2 Lanes						

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

