

AQUA FITNESS SCHEDULE

March 3, 2025 - May 25, 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 | | | | 11:15am-11:50am Deep Aqua Mix Anouk 2 Lanes | | |

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

