

# AQUA FITNESS SCHEDULE

INDOOR POOL MAY 26 - AUG 30 , 2026

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 Sculpt Gerry 3 Lanes		
9:00 AM	9:00am-9:45am Aqua Core &Flow Alex 3 Lanes	9:00am-9:50am Aqua Mixx Alx 3 Lanes		9:00am-9:50am Aqua Mixx+ Anouk 3 Lanes	9:00am-9:45am Aqua Core &Flow Alex 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 LAP POOL CLOSED	10:00am-10:50am "Be Fit" Aqua Anouk 3 Lanes	10:00am-11:00am Aqua Jam Kathleen LAP POOL CLOSED		10:00am-11:00am Aqua Jam Kathleen LAP POOL CLOSED		
11:30 AM	11:15am-12:15pm Aqua Jam Kathleen 2 Lanes						

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

