

WATER FITNESS™

Shoes & Water Bottles are recommended for All Water Fitness Classes (Webbed Gloves are recommended for Shallow and Deep Water Aerobics)

Monday			Tuesday			Wednesday		
Time	Class	Instructor/ Pool	Time	Class	Instructor/ Pool	Time	Class	Instructor/ Pool
8:00am	Shallow Water Aerobics	Jeanne/Aileen large pool	8:15am	Arthritis	Pam small pool	8:00am	Shallow Water Aerobics	Jeanne large pool
8:15am	Arthritis	Pam small pool	9:00am	Splash Circuit	Kathy large pool	8:15am	Arthritis	Pam small pool
9:00am	Shallow Water Aerobics	Kathy large pool	6:30pm	Deep Water Aerobics	Ellen large pool	9:00am	Shallow Water Aerobics	Aileen large pool
9:00am	Healthy Back	Pam small pool				9:00am	Healthy Back	Pam small pool
10:00am	Deep Water Aerobics	Aileen large pool				10:00am	Functional Fitness	Jeanne small pool
10:00am	Functional Fitness	Kathy small pool				10:50am	Healthy Balance	Karen/ Jeanne small pool
10:30am	Functional Fitness	Jeanne large pool				11:00am	Deep Water Aerobics	Chris/ Aileen large pool
10:50am	Arthritis	Allison small pool				5:00pm	Arthritis	Shirley small pool
5:00pm	Arthritis	Alicia small pool				6:30pm	Shallow Water Aerobics	Kathy large pool
6:30pm	Shallow Water Aerobics	Aileen large pool						

Thursday			Friday		
Time	Class	Instructor/ Pool	Time	Class	Instructor/ Pool
8:15am	Arthritis	Karyn small pool	8:00am	Shallow Water Aerobics	Kathy large pool
9:00am	Power-Up	Chris/ Kathy large pool	8:15am	Arthritis	Pam small pool
10:30am	Functional Fitness	Aileen large pool	9:00am	Shallow Water Aerobics	Kathy large pool
6:30pm	Deep Water Aerobics	Ellen large pool	9:00am	Healthy Back	Pam small pool
			10:00am	Functional Fitness	Jeanne small pool
			10:50am	Healthy Balance	Chris small pool
			11:00am	Deep Water Aerobics	Aileen large pool
			4:30pm	Arthritis	Shirley small pool

* Instructor subject to change