

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
8:15am	Arthritis Pam	small pool	8:15am	Arthritis Pam	small pool	8:15am	Arthritis Pam	small pool
9:00am	Shallow Water Aerobics Jeanne	large pool	9:00am	Splash Circuit Kathy	large pool	9:00am	Shallow Water Aerobics Aileen	large pool
9:00am	Healthy Back Pam	small pool	10:30am	Functional Fitness Aileen	large pool	9:00am	Healthy Back Pam	small pool
10:00am	Functional Fitness Kathy	small pool	11:30am	Tai Chi Jeanne	small pool	10:00am	Functional Fitness Jeanne	small pool
10:50am	Arthritis Kathy	small pool	7:30pm	Aqua Boot Camp Devon	large pool	10:50am	Arthritis Aileen	small pool
11:00am	Deep Water Aerobics Aileen	large pool				11:00am	Deep Water Aerobics Jeanne	large pool
5:00pm	Arthritis Devon	small pool				5:00pm	Arthritis Shirley	small pool
7:00pm	Aqua Zumba™ Kathy	large pool				6:00pm	Shallow Water Aerobics Ellen	large pool

* Instructor subject to change

Thursday			Friday		
Time	Class	Instructor/ Pool	Time	Class	Instructor/ Pool
8:15am	Arthritis Karyn	small pool	8:15am	Arthritis Pam	small pool
9:00am	Power-Up Jeanne	large pool	9:00am	Shallow Water Aerobics Aileen	large pool
10:30am	Functional Fitness Jeanne	large pool	9:00am	Healthy Back Pam	small pool
11:30am	Tai Chi Jeanne	small pool	10:00am	Functional Fitness Jeanne	small pool
6:00pm	Deep Water Aerobics Ellen	large pool	10:50am	Arthritis Karen	small pool
7:30pm	Aqua Boot Camp Devon	large pool	11:00am	Deep Water Aerobics Aileen	large pool
			4:30pm	Arthritis Shirley	small pool



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING