

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	Karyn S. small pool	8:15am	Arthritis	Pam small pool
9:00am	Shallow Water Aerobics	Aften large pool	9:00am	Cardio Circuit	Aften large pool	9:00am	Shallow Water Aerobics	Jeanne large pool
9:00am	Healthy Back	Pam small pool	6:00pm	Deep Water	Cheryl/Ellen large pool	9:00am	Healthy Back	Pam small pool
10:00am	Deep Water Aerobics	Aften large pool				10:00am	Deep Water Aerobics	Jeanne large pool
10:00am	Functional Water Fitness	Jeanne small pool				10:00am	Functional Water Fitness	Aileen small pool
10:40am	Arthritis	Cheryl small pool				10:45am	Arthritis	Karen small pool
10:45am	Functional Water Fitness	Aileen large pool				5:30pm	Arthritis	Shirley small pool
5:30pm	Arthritis	Alicia small pool				6:15pm	Shallow Water Aerobics	Ellen large pool
6:00pm	Cardio Circuit	Aileen large pool						

Thursday			Friday		
Time	Class	Instructor/ Pool	Time	Class	Instructor/ Pool
8:15am	Arthritis	Pam small pool	8:15am	Arthritis	Pam small pool
9:00am	Power-Up	Cheryl large pool	9:00am	Shallow Water Aerobics	Kathy large pool
10:45am	Functional Water Fitness	Aileen large pool	9:00am	Healthy Back	Pam small pool
6:00pm	Deep Water Aerobics	Ellen large pool	10:00am	Deep Water Aerobics	Aileen large pool
			10:00am	Functional Water Fitness	Jeanne small pool
			10:45am	Arthritis	Cheryl small pool