



# AQUA GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WATER AEROBICS</b> 8:00am-9:00am Dave - Pool	<b>SPLASH FITNESS</b> 7:00am-8:00am Trudy - Pool	<b>WATER AEROBICS</b> 8:00am-9:00am Katie - Pool	<b>WATER FITNESS</b> 8:00am-9:00am Dave - Pool	<b>WATER AEROBICS</b> 8:00am-9:00am Dave - Pool	<b>AQUA ZUMBA</b> 8:00am-8:45am Jill- Pool	
<b>WATER FITNESS</b> 9:00am-10:00am Barbara - Pool	<b>WATER FITNESS</b> 8:00am-9:00am Dave - Pool	<b>WATER FITNESS</b> 9:00am-10:00am Peaches - Pool	<b>AQUAFIT</b> 9:00am-10:00am Katie - Pool	<b>DEEP WATER FITNESS</b> 9:15am-10:15am Mickie- Pool		
<b>DEEP WATER FITNESS</b> 9:30am-10:30am Katie - Pool	<b>AQUAFIT</b> 9:00am-10:00am Dave - Pool	<b>CORE AQUATICS</b> 12:30pm-1:00pm Katrine-Pool	<b>DEEP WATER FITNESS</b> 10:00am-11:00am Peaches - Pool	<b>CORE AQUATICS</b> 12:30pm-1:00pm Katrine-Pool		
<b>AQUAFIT PLUS</b> 1:30pm-2:30pm Katrine- Pool	<b>DEEP WATER FITNESS</b> 9:30am-10:30am Katie - Pool	<b>AQUAFIT</b> 1:30pm - 2:30pm Peaches- Pool	<b>AQUAFIT PLUS</b> 1:30pm-2:30pm Katrine -Pool	<b>AQUAFIT</b> 2:00pm-3:00pm Peaches - Pool		
<b>CORE AQUATICS</b> 2:30pm-3:00pm Katrine-Pool	<b>AQUA ZUMBA</b> 2:00pm-2:45pm Jill- Pool	<b>DEEP WATER FITNESS</b> 7:00pm-8:00pm Carol- Pool	<b>AQUA YOGA</b> 2:30pm-3:15pm Cheri - Pool			
<b>DEEP WATER FITNESS</b> 7:00pm-8:00pm Carol-Pool	<b>AQUA ZUMBA</b> 7:15pm-8:15pm Jill- Pool					