



AQUA GROUP EXERCISE SCHEDULE

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

Updated: 3/2/20