

aqua

Monday

8:30am
LIQUID CARDIO
Sheryl (C/W) L4

8:30am
LIQUID CARDIYO
Carlene (W) L3

930am
LIQUID CARDYO
Carlene (W) L3

10:30am
LIQUID CARDIO
Debbie (W) L3

11:30am **
WATER WALKING
Debbie (W) L1

6:00pm
WATER WORKS
Sue (W) L3

Tuesday

8:30am
WATER RUNNING
Christine (C/W) L3

9:30am
AERO AB*SOLUTION
Sheryl (W) L4

10:30am
WATER WORKS
Sandy (W) L3

11:30am
AI CHI
Nancy (W) L1

5:30pm
AQUA AEROTONE
Pat (W) L4

Wednesday

8:30am
WATER WORKS
Cathi (C) L4

8:30am
HYDROFITZ
Suzanne (W) L4

9:30am
HYDROFITZ
Suzanne (W) L4

10:30am
AQUA AEROTONE
Carol (W) L4

11:30am
FOREVER YOUNG
Karen (W) L1

5:30pm
LIQUID CARDIO
Debbie (W) L4

**** 30 MINUTE CLASS**

Thursday

8:30am
OFF YOUR FEET
Francine (C/W) L4

9:30am
LIQUID CARDYO
Carlene (W) L3

10:30am
LIQUID CARDIO CIRCUIT
Pat (W) L4

11:30am
RESTORATIVE YOGA
Liz (W) L1

6:00pm
OODLES O NOODLES
Pat (W) L5

Friday

8:30am
WATER RUNNING
Debbie (C/W) L3

9:30am
AQUA AEROTONE
Sheryl (W) L4

10:30am
AQUA ZUMBA-TON
Sandy (W) L3

11:30am
FOREVER YOUNG
Sandy (W) L2

Saturday

8:30am
LIQUID CARDIO **
Debbie (C/W) L4

9:30am
LIQUIDD CARDIO
Debbie (W/C) L4

9:30am AQUA ZUMBA
2ND Sat. of ea. month
Sandy (W) L3

Sunday

9:30am
LIQUID CARDIO
Sue (W) L4

12:00 - 1:00pm
Family Swim (W)

1:00 - 2:00pm
FAMILY SWIM (C)

OCT. 22, 2018

Level	For You	Time/Locatio	E-Mails
L1=Entry L2=Calm L3=Beginner L4=Mid-Range L5=Challenging	Swim Lessons Group or Private Birthday Parties Pool Rentals Personal Training	Classes are 55 min **Classes are 25 min (W) Women's Pool (C) Co-Ed Pool (C/W) Coed broadcast to Women's Pool (W/C) Women broadcast	Receive important Updates... Special Offers Club Events