

Water Classes Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
7:00a	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
8:00a	Aqua Challenge	Aqua Challenge	Aqua Challenge	Aqua Challenge	Aqua Challenge
9:00a	Silver Splash	Silver Splash	Silver Splash	Silver Splash	Silver Splash
10:00a	Light Aerobics	Light Aerobics	Light Aerobics	Light Aerobics	Light Aerobics
11:00a	Joints in Motion	Arthritis	Joints in Motion	Arthritis	Joints in Motion
12:00p	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
1:00p	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics
2:00p	Water Workout	Arthritis (Deep)	Water Workout	Arthritis (Deep)	Water Workout
3:00p	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
4:00p	Strength & Flexibility	Open Pool	Strength & Flexibility	Open Pool	Closed at 4:30p
5:00p	Light Aerobics	Water Workout	Light Aerobics	Water Workout	Closed at 4:30p
6:00p	Open Pool	Open Pool	Open Pool	Open Pool	Closed at 4:30p
7:00p	Jointly Speaking	Open Pool	Jointly Speaking	Open Pool	Closed at 4:30p