

# Aquatics Schedule

# FALL 2020

## MONDAY

	8:30-9:15am [L/P]	<b>WATER CONDITIONING</b> Julie
	1:00-1:45pm [L/P]	<b>WATER CONDITIONING</b> Julie

## THURSDAY

	9:00-9:45am [L/P]	<b>DEEP WATER RUNNING</b> Cassie
	12:00-12:45pm [L/P]	<b>WATER CONDITIONING</b> Julie
	1:00-1:45pm [W/P]	<b>WARM WATER DANCE</b> Crista

## TUESDAY

	9:00-9:45am [L/P]	<b>DEEP WATER RUNNING</b> Cassie
	10:45-11:30am [W/P]	<b>WARM WATER PILATES</b> Julie
	12:00-12:45pm [L/P]	<b>WATER CONDITIONING</b> Julie

## FRIDAY

	12:00-12:45pm [W/P]	<b>AQUA YOGA</b> Carrie
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## WEDNESDAY

	8:15-9:00am [W/P]	<b>WARM WATER PILATES</b> Sue L.
	10:45-11:30am [L/P]	<b>AQUA ZUMBA</b> Crista
	12:00-12:45pm [W/P]	<b>AQUA YOGA</b> Carrie
	1:00-1:45pm [L/P]	<b>WATER CONDITIONING</b> Julie

## SUNDAY

	8:00-8:45pm [L/P]	<b>WATER WORKS</b> Joan
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[L/P] LAP POOL [W/P] WARM POOL

(A) / (B) ROTATING INSTRUCTORS