

Aquatics Schedule

FALL 2022

MONDAY

10:45-11:40am [L/P]	AQUATICS AEROBICS Julie
12:00-12:55pm [T/P]	BALANCE, WALK, STRETCH Julie

THURSDAY

9:00-9:55am [L/P]	DEEP WATER RUNNING Cassie
12:00-12:55pm [L/P]	WATER MUSCLE STRENGTHENING Julie
1:00-1:55pm	WARM WATER DANCE Crista

TUESDAY

9:00-9:55am [L/P]	DEEP WATER RUNNING
10:45-11:40am [L/P]	WATER MUSCLE STRENGTHENING Julie
12:00-12:55pm [T/P]	WARM WATER CORE CHALLENGE Julie

FRIDAY

8:30-9:15am [L/P]	AQUA INTERVALS Carrie
11:00-11:55am [L/P]	AQUA ZUMBA Crista
12:00-12:55pm [T/P]	AQUA YOGA Carrie

WEDNESDAY

8:30-9:25am [L/P]	AQUA CIRCUITS Julie
10:45-11:40am [L/P]	AQUATICS AEROBICS Julie
12:00-12:55pm [T/P]	AQUA YOGA Carrie

SUNDAY

8:00-8:55am [L/P]	WATER CARDIO Sue
----------------------	----------------------------

[L/P] LAP POOL [T/P] THERAPY POOL

(A) / (B) ROTATING INSTRUCTORS

All water classes are 55 minutes in length, unless otherwise noted.