

Aquatics Schedule

WINTER 2023

MONDAY

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

THURSDAY

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

TUESDAY

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

FRIDAY

[L/P]	11:00-11:55am	AQUA ZUMBA Crista
[T/P]	12:00-12:55pm	AQUA YOGA Carrie

WEDNESDAY

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

SUNDAY

[L/P]	8:00-8:55am	WATER CARDIO Sue
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[L/P] LAP POOL [T/P] THERAPY POOL

(A) / (B) ROTATING INSTRUCTORS

Updated 12.19.22

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