

# Aquatics Schedule 2023

## MONDAY

9:00-9:55am [L/P]	<b>AQUATICS AEROBICS</b> Julie
10:30-11:20am [L/P]	<b>AQUATICS AEROBICS</b> Julie
11:45-12:35pm [T/P]	<b>BALANCE, WALK, STRETCH</b> Julie

## THURSDAY

9:00-9:50am [L/P]	<b>DEEP WATER RUNNING</b> Cassie
12:00-12:50pm [L/P]	<b>WATER MUSCLE STRENGTHENING</b> Crista
1:00-1:45pm [T/P]	<b>WARM WATER DANCE</b> Crista

## TUESDAY

9:00-9:50am [L/P]	<b>DEEP WATER RUNNING</b> Cassie
10:30-11:20am [L/P]	<b>WATER MUSCLE STRENGTHENING</b> Julie
11:45-12:35pm [T/P]	<b>WARM WATER CORE CHALLENGE</b> Julie
12:45-1:35pm [T/P]	<b>WARM WATER CORE CHALLENGE LITE</b> Julie

**JUST ADDED!**

## FRIDAY

9:00-9:55am [L/P]	<b>AQUA CIRCUITS</b> Cassie
11:00-11:55am [L/P]	<b>AQUA ZUMBA</b> Crista
12:00-12:55pm [T/P]	<b>AQUA YOGA</b> Carrie

## WEDNESDAY

9:00-9:50am [L/P]	<b>AQUA CIRCUITS</b> Julie
10:30-11:20am [L/P]	<b>AQUATICS AEROBICS</b> Julie
11:45-12:35pm [T/P]	<b>AQUA YOGA</b> Carrie

## SUNDAY

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

**Schedule Effective  
08.14.2023**

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

(A) / (B) ROTATING INSTRUCTORS

Updated 09.20.23

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