

# Aquatics Schedule

# FALL 2024

## MONDAY

9:00-9:55am [L/P]	<b>AQUATICS AEROBICS</b> Julie
10:30-11:40am [L/P]	<b>AQUATICS AEROBICS</b> Julie
12:00-12:55pm [T/P]	<b>BALANCE, WALK, STRETCH</b> Julie
6-7pm [L/P]	<b>WATER CARDIO</b> Jen O

## TUESDAY

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

## WEDNESDAY

9-9:50am [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

## THURSDAY

12:00-12:50pm [L/P]	<b>WATER MUSCLE STRENGTHENING</b> Crista
1:00-1:45pm	<b>WARM WATER DANCE</b> Crista

## FRIDAY

9:00-9:55am [L/P]	<b>AQUA CIRCUITS</b> Carrie
11:00-11:50am [L/P]	<b>AQUA ZUMBA</b> Crista
12:00-12:50pm [T/P]	<b>AQUA YOGA</b> Carrie

## SATURDAY

9:30-10:20am [L/P]	<b>DEEP WATER RUNNING</b> Cassie
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## SUNDAY

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

(A) / (B) ROTATING INSTRUCTORS

Updated 03.23.23

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