

Aquatics Schedule 2024

MONDAY

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

THURSDAY

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

TUESDAY

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

FRIDAY

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

WEDNESDAY

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

SUNDAY

	8:00-8:50am [L/P]	WATER CARDIO	Sue
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[L/P] LAP POOL [T/P] THERAPY POOL

(A) / (B) ROTATING INSTRUCTORS

Updated 11.15.24

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