

# Aquatics Schedule

# Summer 2021

## MONDAY

12:00-12:45pm [L/P]	<b>BALANCE, WALK, STRETCH</b> Julie
1:00-1:45pm [L/P]	<b>AQUATIC RESISTANCE TRAINING</b> Julie

## THURSDAY

9:00-9:45am [L/P]	<b>DEEP WATER RUNNING</b> Cassie
12:00-12:45pm [L/P]	<b>AQUATICS AEROBICS</b> Julie
1:00-1:45pm [W/P]	<b>WARM WATER DANCE</b> Crista

## TUESDAY

9:00-9:45am [L/P]	<b>DEEP WATER RUNNING</b> Cassie
10:45-11:30am [L/P]	<b>AQUATICS AEROBICS</b> Julie
12:00-12:45pm [W/P]	<b>WARM WATER CORE CHALLENGE</b> Julie

## FRIDAY

11:00-11:45am [W/P]	<b>AQUA ZUMBA</b> Carrie
12:00-12:45pm [W/P]	<b>AQUA YOGA</b> Carrie

## WEDNESDAY

10:45-11:30am [L/P]	<b>AQUATIC RESISTANCE TRAINING</b> Julie
12:00-12:45pm [W/P]	<b>AQUA YOGA</b> Carrie

## SUNDAY

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

(A) / (B) ROTATING INSTRUCTORS