

Aquatic Group Exercise Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 MONDAY MIX	9:00 BAR BELLS	9:00 AQUACISE	9:00 CARDIO COMBO	9:00 SPLASH SURPRISE	
	10:00 AQUA ARTHRITIS	10:00 NEW WAVES	10:00 AQUA ARTHRITIS	10:00 POWER DRENCH	10:00 AQUA ARTHRITIS	
	7:00 SHALLOW OR DEEP AQUA AEROBICS	2:00 ForeverWELL	7:00 SHALLOW OR DEEP AQUA AEROBICS	2:00 ForeverWELL		