

Water Fitness Classes

2009 Winter & Spring Sessions

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-6:45 AM	Deep H2O (lap)	Aqua Boot Camp	Deep H2O (lap)	Aqua Boot Camp	Deep H2O (lap)
7-7:45 AM	Aqua Aerobics	WWLS	Aqua Aerobics	WWLS	Aqua Aerobics
7:45-8:30	Senior Aqua	Water Walking	Senior Aqua	Water Walking	Water Walking
8:30-9:15	Senior Aqua	Senior Aqua	Senior Aqua	Senior Aqua	Senior Aqua
9:30-10:15	Deep H2O (lap)		Deep H2O (lap)		SOS*/Deep H2O (lap)
10:15-11 AM		HHH		HHH	SOS*
10:45-11:30 AM	Rusty Hinges		Rusty Hinges		Rusty Hinges
11 AM-12 PM	Aqua-lates	Silver Splash	Aqua-lates	Silver Splash	Aqua-lates
12-1 PM		WWLS		WWLS	
1-2 PM		Senior Aqua		Senior Aqua	
2-2:45 PM					
2:45-4 PM					
4:30- 5:15 PM		Adaptive Aerobics			
4:50 - 5:35 PM					
5:40 - 6:25 PM		Aqua Aerobics		Aqua Aerobics	
6:30 - 7 PM					
7 - 8 PM					

KEY

HHH = Hoppin Happy Hinges
 WWLS=Warm Water Lap Swim

*SOS= Senior Open Swim (9:15-10:45)