

WELCOME BACK! EXERCISE & ENERGIZE

2022 Summer Aquatic Fitness June 6th–August 6th



Monday

- AquaBody Strong (L)
5:15–5:45 a.m.
- Deep Water Aerobics (L)
6:00–6:45 a.m.
- Aqua Aerobics (R)
7:00–7:45 a.m.
- Senior Aqua (R)
7:45–8:30 a.m.
8:30–9:15 a.m.
- Deep Water Aerobics (L)
9:25–10:10 a.m.
- Aqua Dance (L)
10:15–11:00a.m.
- Rusty Hinges (R)
10:45–11:30 a.m.
- Aqualates (R)
11:00 a.m. – 12:00 p.m.
- Vortex Water Power (R)
6:00–6:45 p.m.

Tuesday

- Deep Water Aerobics (L)
6:00–6:45 a.m.
- Senior Aqua Aerobics (R)
8:30–9:15 a.m.
- Vortex Water Power (R)
10:15–11:00 a.m.
- Move & Stretch (R)
11:00–11:45 a.m.

Wednesday

- AquaBody Strong (L)
5:15–5:45 a.m.
- Deep Water Aerobics (L)
6:00–6:45 a.m.
- Aqua Aerobics (R)
7:00–7:45 a.m.
- Senior Aqua (R)
7:45–8:30 a.m.
8:30–9:15 a.m.
- Deep Water Aerobics (L)
9:25–10:10 a.m.
- Aqua Dance (L)
10:15–11:00a.m.
- Rusty Hinges (R)
10:45–11:30 a.m.
- Aqualates (R)
11:00 a.m. – 12:00 p.m.
- Vortex Water Power (R)
6:00–6:45 p.m.

Thursday

- Deep Water Aerobics (L)
6:00–6:45 a.m.
- Senior Aqua Aerobics (R)
8:30–9:15 a.m.
- Vortex Water Power (R)
10:15–11:00 a.m.
- Move & Stretch (R)
11:00–11:45 a.m.
- Aqua Aerobics (R)
6:00–6:45 p.m.

Friday

- AquaBody Strong (L)
5:15–5:45 a.m.
- Deep Water Aerobics (L)
6:00–6:45 a.m.
- Aqua Aerobics (R)
7:00–7:45 a.m.
- Senior Aqua (R)
7:45–8:30 a.m.
8:30–9:15 a.m.
- Deep Water Aerobics (L)
9:25–10:10 a.m.
- Rusty Hinges (R)
10:45–11:30 a.m.
- Aqualates (R)
11:00 a.m. – 12:00 p.m.
- Adaptive Aerobics (R)
4:15–5:00 p.m.

SATURDAY

- Aqua Body Strong
8:00–8:45am

(L)=Lap Pool
(R)=Rec Pool

LAP POOL

Aqua Body Strong

- M/W/F 5:15–5:45 a.m.
- Sat. 8:00–8:45 a.m.

Deep Water Aerobics

- M—F 6:00–6:45 a.m.
- M/W/F 9:35–10:10 a.m.

Aqua Dance

- M/W 10:15–11:00a.m.

RECREATION POOL

Vortex Water Power

- T/TH 10:15–11:00 a.m.
- M/W 6:00–6:45 p.m.

Aqua Aerobics

- M/W/F 7:00–7:45 a.m.
- Thur 6:00–6:45 p.m.

Aqualates

- M/W/F 11 a.m.—12:00p.m.

Move & Stretch

- Tue /Thurs. 11:00–11:45 a.m.

Senior Aqua

- M/W/F 7:45–8:30 a.m.
- M–F 8:30–9:15 a.m.

Rusty Hinges

- M/W/F 10:45–11:30 a.m.

Adaptive Aerobics

- Friday 4:15–5:00p.m.

