

# WELCOME BACK! EXERCISE & ENERGIZE

## 2022 Spring Aquatic Fitness February 26–June 2



### 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.

Move & Stretch (R)  
10:15–11:00 a.m.

Vortex Water Power (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.

Move & Stretch(R)  
10:15–11:00 a.m.

Vortex Water Power (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

### 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 9:25–10:10 a.m.

#### Aqua Dance

M/W 10:15–11:00a.m.

### RECREATION POOL

#### Vortex Water Power

T/TH 11:00–11:45 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. 10:15–11:00 p.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.

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

