



## AQUATIC FITNESS CLASS SCHEDULE

APRIL 1ST- JUNE 28TH • NO CLASS APRIL 19 AND MAY 20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Total Body Conditioning</b> 8:00 – 9:00 am		<b>Step &amp; Strength</b> 9:00 – 10:00 am		<b>Total Body Conditioning</b> 8:00 – 9:00 am	
	<b>Senior Swim</b> 9:30 – 10:30 am		<b>Senior Swim</b> 9:30 – 10:00 am			
	<b>Cardio Tone</b> 10:30 – 11:30 am		<b>Cardio Tone</b> 10:30 – 11:30 am		<b>Cardio Tone</b> 10:30 – 11:30 am	
	<b>Gentle Joints</b> 12:00 – 12:45 pm		<b>Gentle Joints</b> 12:00 – 12:45 pm		<b>Gentle Joints</b> 12:00 – 12:45 pm	