

AQUATIC WATER FITNESS SCHEDULE									
CARDIO HIGH INTENSITY CLASSES	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	10.00am							HIGH INTENSTIY H2O HEATHER LAP POOL	
	6.00pm		HIGH INTENSTIY H2O MINDY LAP POOL						
LOW INTENSITY WATER FITNESS	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	9.00am	WATER-FITNESS REC POOL	WATER-FITNESS REC/LAP POOL	WATER-FITNESS REC POOL	WATER WALKING LAP POOL		9.00am		
	9.10am	WATER-FITNESS LAP POOL			WATER-FITNESS LAP POOL	WATER-FITNESS LAP POOL	10.00am		
	10.00am		WATER-FITNESS LAP POOL				11.00am		
	6.30pm	WATER-FITNESS REC POOL		WATER-FITNESS REC POOL			6.00pm		
ARTHRITIS/FIBROMYALGIA	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	8.00am		AQUA-ARTHRITIS REC POOL		AQUA-ARTHRITIS REC POOL	AQUA-ARTHRITIS REC POOL	8.00am		
	10.00am	AQUA-ARTHRITIS REC POOL		AQUA-ARTHRITIS REC POOL		AQUA-ARTHRITIS REC POOL	10.00am		
	1.00pm			AQUA-ARTHRITIS REC POOL		WATER-FITNESS REC POOL	1.00pm		
	4.30pm	FIBROMYALGIA REC POOL		FIBROMYALGIA REC POOL			4.00pm		
	5.30pm	FIBROMYALGIA REC POOL		FIBROMYALGIA REC POOL			5.00pm		

