

MONDAY

9:15-10:15am	Aqua Fit	Crystal
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TUESDAY

9:15-10:15am	Deep Water	Jeanette
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WEDNESDAY

9:15-10:15am	Aqua Fit	Marlene
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THURSDAY

9:15-10:15am	Deep Water	Jeanette
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FRIDAY

9:15-10:15am	Aqua Fit	Teresa
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SATURDAY

9:00-10:00am	Deep Water	Team
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Water Fitness

COMPLIMENTARY
EFFECTIVE APRIL-MAY

Aqua Fit

Total body strength conditioning and cardio class in shallow water. May include hand buoys, noodles or steps.

Shallow & Deep Workout

A great cardiovascular workout including intervals, circuits, balance challenges and strength training.