

AQUATIC WATER FITNESS SCHEDULE

CARDIO HIGH INTENSITY CLASSES	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
	10.00am							HIGH INTENSTIY H2O HEATHER LAP POOL
	6.00pm							
LOW INTENSITY WATER FITNESS	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
	8:00am		BALANCE AND FLEXIBILITY REC POOL	BALANCE AND FLEXIBILITY REC POOL	BALANCE AND FLEXIBILITY REC POOL			
	9.00am	AQUA AEROBICS REC POOL	POWER HOUR LAP POOL	AQUA AEROBICS REC POOL	WATER WALKING LAP POOL		9.00am	
	9:10 am					POWER HOUR LAP POOL		
	10:00am	BALANCE AND FLEXIBILITY REC POOL	POWER HOUR LAP POOL	BALANCE AND FLEXIBILITY REC POOL	SILVER SPLASH LAP POOL	BALANCE AND FLEXIBILITY REC POOL	10.00am	
	10:00am	POWER HOUR 10:00am LAP POOL					11.00am	
	1:00pm					BALANCE AND FLEXIBILITY REC POOL		
	4:30pm	AQUA AEROBICS REC POOL		BALANCE AND FLEXIBILITY REC POOL				
	5:30pm	AQUA AEROBICS REC POOL		AQUA AEROBICS REC POOL				