



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FITNESS CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM - 9:00 AM	Silver Ripples (Teresa)	Aqua Fitness (Peggy)	Silver Ripples (Teresa)	Aqua Fitness (Peggy)	Silver Ripples (Teresa)	Hydro Mania (Peggy) 8:15-9:15 am
9:00 AM - 10:00 AM	Hydro Mania (Peggy)	Hydro Mania (Peggy)	Hydro Mania (Peggy)	Hydro Mania (Peggy)	Hydro Mania (Peggy)	
10:00 AM - 11:00 AM	H2O Yoga (Rachel)	Aqua Zumba (Carolyn)	H2O Yoga (Rachel)	Aqua Zumba (Carolyn)	Aqua Zumba (Jordyn)	
11:00 AM - 12:00 PM	Aqua Stretch (Rachel)	Aqua Stretch (Rachel)	Aqua Stretch (Rachel)	Aqua Stretch (Rachel)	Aqua Stretch (Rachel)	
4:30 PM - 5:30 PM	Hydro Mania (Kim)			Hydro Mania (Kim)		
7:00 PM - 8:00 PM	Boot Camp H2O (Lisa)	Boot Camp H2O (Lisa)	Aqua Zumba (Jordyn) 6:15 PM - 7:15 PM	Boot Camp H2O (Heather)		