

SCHEDULES AT A GLANCE

Aquafitness

Day	Class	Instructor	Time	Description
Mon	Aqua Cycle	Silvia	8:30-9:30 am	Enjoy a unique cardio class using our aqua cycles. Lap Pool.
Mon	Aquafit	Silvia	9:30–10:30 am	Muscular conditioning and cardio using equipment. Lap Pool.
Mon	Aqua Stretch & Strengthen	Silvia	10:30-11:30 am	Regain and maintain strength, flexibility and balance. Therapy Pool/ Lap Pool.
Mon	Aquafit	Meghan	2:30-3:30 pm	Muscular conditioning and cardio using equipment. Lap Pool.
Mon	Aqua Zumba	Margrit	7:00-8:00 pm	A fun cardio workout with salsa, merengue and hip hop moves. Lap Pool. 2 lanes.
Tue	Aqua Cycle	Silvia	8:00-9:00 am	Enjoy a low impact cardio class using our aqua cycles. Lap Pool.
Tue	Aquafit Deep Water	Mary	9:00-10:00 am	A music free, challenging cardio class using the deep end. Lap Pool.
Tue	Aquafit	Margrit	10:00-11:00 am	Muscular conditioning and cardio using equipment. Lap Pool.
Tue	Aqua Stretch & Strengthen	Silvia	10:30-11:30 am	Regain and maintain strength, flexibility and balance. Therapy Pool/Lap Pool.
Tue	Aqua Stretch & Strengthen	Meghan	11:30-12:30 pm	Regain and maintain strength, flexibility and balance. Therapy Pool.
Wed	Aqua Surf & Turf	Silvia	8:30-9:30 am	Start your workout on deck and finish in the water. Lap Pool.
Wed	Aqua Cycle	Meghan	9:30–10:30 am	Enjoy a unique cardio class using our aqua cycles. Lap Pool.
Wed	Aqua Yoga	Shannon	10:30-11:30 am	A stronger mind, body and spirit through water based yoga. Therapy Pool
Wed	Aqua Stretch & Strengthen	Meghan	11:30-12:30 pm	Regain and maintain strength, flexibility and balance. Therapy Pool
Wed	Aquafit	Meghan	2:30-3:30 pm	Muscular conditioning and cardio using equipment. Lap Pool.
Thu	Aqua Cycle	Silvia	8:00-9:00 am	Enjoy a unique cardio class using our aqua cycles. Lap Pool.
Thu	Aquafit Deep Water	Mary	9:00-10:00 am	A music free, challenging cardio class using the deep end. Lap Pool.
Thu	Aqua Stretch & Strengthen	Silvia	10:30-11:30 am	Regain and maintain strength, flexibility and balance. Therapy Pool/ Lap Pool
Fri	Aqua Cycle	Silvia	8:30-9:30 am	Enjoy a unique cardio class using our aqua cycles. Lap Pool.
Fri	Aquafit	Silvia	9:30-10:30 am	Muscular conditioning and cardio using equipment. Lap Pool.
Fri	Aqua Stretch & Strengthen	Silvia	11:30-12:30 pm	Regain and maintain strength, flexibility and balance. Therapy Pool
Fri	Aquafit	Meghan	2:30-3:30 pm	Muscular conditioning and cardio using equipment. Lap Pool.
Sat	Aquafit	Rotation	8:30-9:30 am	Muscular conditioning and cardio using equipment. Lap Pool. Runs January – March 10 th (cancelled February 3 & March 3)

***Cycling classes:** call 24 hours in advance to reserve a bike. Clean indoor shoes to be worn in the water.

* **Baby Boats:** available for every aquafit class, you work out with your baby floating beside you!