

SCHEDULES AT A GLANCE

Aquafitness Jun 18 to Aug 31 2018

Day	Class	Instructor	Time	Description
Mon	Aqua Cycle	Meghan	8:30 - 9:30 am	Enjoy a unique cardio class using our aqua cycles.
Mon	Aquafit	Meghan	9:30 - 10:30 am	Muscular conditioning and cardio using equipment
Mon	Aqua Stretch & Strengthen	Meghan	10:30 - 11:30 am	Regain and maintain strength, flexibility and balance. Therapy Pool (2 lanes lap pool)
Mon	Aquafit	Meghan	3:30 - 4:30 pm	Start your workout on deck and finish in the water. Lap Pool
Tue	Aquafit Deep Water	Mary	7:30 - 8:30 am	A music free, challenging cardio class using the deep end.
Tue	Aquafit	Mary	8:30 - 9:30 am	Muscular conditioning and cardio mixed with equipment.
Tue	Aqua Stretch & Strengthen	Meghan	10:30 - 11:30 am	Regain and maintain strength, flexibility and balance. Therapy Pool/Lap 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	Silvia	9:30 - 10:30 am	Enjoy a unique cardio class using our aqua cycles.
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	Silvia	11:30 - 12:30 pm	Regain and maintain strength, flexibility and balance. Therapy Pool
Wed	Aquafit	Meghan	3:30 - 4:30 pm	Muscular conditioning and cardio mixed with equipment.
Thu	Aquafit Deep Water	Mary	7:30 - 8:30 am	A music free, challenging cardio class using the deep end.
Thu	Aquafit	Mary	8:30 - 9:30 am	Muscular conditioning and cardio mixed with equipment.
Fri	Aqua Cycle	Silvia	8:30 - 9:30 am	Enjoy a unique cardio class using our aqua cycles.
Fri	Aquafit	Silvia	9:30 - 10:30 am	Muscular conditioning and cardio mixed with equipment.
Fri	Aqua Stretch & Strengthen	Silvia	11:30 - 12:30 pm	Regain and maintain strength, flexibility and balance. Therapy Pool

***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.