



WATER AEROBICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:00am Aquatic Rush	6:15-7:00am Wake Up & Work Out!	6:15-7:00am Aquatic Rush	6:15-7:00am Wake Up & Work Out!	6:15-7:00am Aquatic Rush	
7:15-8:00am Aqua Sunrise	7:15-8:00am Fitness & Friends	7:15-8:00am Aqua Sunrise	7:15-8:00am Fitness & Friends	7:15-8:00am Aqua Sunrise	
8:30-9:15am Hydro Blast	8:30-9:15am Liquid Cardio	8:30-9:15am Hydro Blast	8:30-9:15am Liquid Cardio	8:30-9:15am Hydro Blast	8:30-9:30am Aqua Power Hour!
10:00-10:45am Aqua Lite	8:30-9:15am (Mabee Pool) Power Up! (Shallow Class)	10:00-10:45am Aqua Lite	8:30-9:15am (Mabee Pool) Power Up! (Shallow Class)	10:00-10:45am Aqua Lite	
12:15-1:00pm Wave Warriors	12:15-12:45pm (FMH Pool) Deep Water Running	12:15-1:00pm Wave Warriors	12:15-12:45 (FMH Pool) Deep Water Running	12:15-1:00pm Wave Warriors	
4:30-5:15pm Rev It Up!	12:15-1:00pm Multiple Sclerosis Fluid Magic	4:30-5:15pm Rev It Up!	12:15-1:00pm Multiple Sclerosis Fluid Magic		
5:30-6:15pm Aqua Strong	4:30-5:15pm Amp It Up!	5:30-6:15pm Aqua Strong	4:30-5:15pm Amp It Up!		
6:15-7:00pm Deep Water Running	5:30-6:15pm Aqua Hit!	6:15-6:45pm Deep Water Running	5:30-6:15pm Aqua Hit!		