



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE SCHEDULE

JANUARY

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

**In Person
Classes**

Schedule runs
January 5th to
January 31st and is
subject to change

**Registration
for all
classes
start-
Dec 20th**

All classes are
\$3.00 per class
except Silver
Sneaker Splash or
otherwise
indicated.

**BLUE
indicates
New
Time/New
Class**

Cost per class-
\$3.00 Members
\$10.00 Non-
members
Unless indicated
different

	8:15-9:00am Aquacise Lisa	8:15-9:00am Aqua HIIT Teresa	8:15-9:00am Aquacise Lisa	8:15-9:00am Aqua Kickboxing Lisa	8:15-9:00am Aquacise Lisa	8:00-8:45am Aqua Cycling
	10:30-11:15am Deep Water Jog Sue			9:15-10:00 H2O Body Sculpt/Resistance Training Teresa/ Gracen	10:30-11:15am Deep Water Jog	
	1:30-2:15pm Water Movement Gracen	1:30-2:15pm Silver Sneakers Splash Gracen	1:30-2:15pm Aqua Cycling Sue	1:30-2:15 Silver Sneakers Splash Jennifer	1:30-2:15 Water Movement Jennifer	
	6:30-7:15pm Aqua Bootcamp Laura S	6:00-6:45pm Aquacise Pam	6:45-7:30pm Aqua HIIT			