



WATER FITNESS SCHEDULE SUMMER 2017: June 19th through August 19th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM						
8:15 AM					Shallow Water Fitness	
8:30 AM	Shallow Water Fitness	Shallow Water Fitness	Aqua Fit	Shallow Water Fitness		
9:00 AM	Deep Water Fitness				Deep Water Fitness	
9:15 AM	Easy Water Fitness		Easy Water Fitness		Easy Water Fitness	
9:15 AM			30 Minute Hydro Challenge			
10:00 AM	Aqua Jogging	Deep Water Fitness	Hydro HIIT Deep	Deep Water Fitness	Aqua Jogging	
11:00 AM	Easy Water Fitness			Easy Water Fitness		
12:15 PM				Aqua Jogging		
6:00 PM	Deep Water Fitness		Deep Water Fitness			
6:45 PM	Shallow Water Fitness		Shallow Water Fitness			