

WATER FITNESS

WINTER

Monday	Tuesday	Wednesday	Thursday	Friday
WATER FITNESS CHALLENGE 9:00-9:45 am M/H	AQUA FIT 9:00-9:45 am M/H	WATER FITNESS CHALLENGE 9:00-9:45 am M/H	AQUA FIT 9:00-9:45 am M/H	WATER FITNESS CHALLENGE 9:00-9:45 am M/H
WATER FITNESS 10:40-11:25 am L/M	ACTIVE OLDER ADULT WATER FITNESS 10:40-11:25 am L/M	WATER FITNESS 10:40-11:25 am L/M	ACTIVE OLDER ADULT WATER FITNESS 10:40-11:25 am L/M	WATER FITNESS 10:40-11:25 am L/M
ARTHRITIS WATER EXERCISE 11:30 am-12:15 pm \$35/\$70 THERAPY POOL L	ARTHRITIS WATER EXERCISE 11:30 am-12:15 pm \$24/\$38 THERAPY POOL L	ARTHRITIS WATER EXERCISE 11:30 am-12:15 pm \$35/\$70 THERAPY POOL L	ARTHRITIS WATER EXERCISE 11:30 am-12:15 pm \$24/\$38 THERAPY POOL L	ARTHRITIS WATER EXERCISE 11:30 am-12:15 pm \$35/\$70 THERAPY POOL L
	MS/SILVER SPLASH 1:00-1:45 pm L		MS/SILVER SPLASH 1:00-1:45 pm L	
ARTHRITIS WATER EXERCISE 5:30-6:15 pm \$35/\$70 THERAPY POOL L		ARTHRITIS WATER EXERCISE 5:30-6:15 pm \$35/\$70 THERAPY POOL L		ARTHRITIS WATER EXERCISE 5:30-6:15 pm \$35/\$70 THERAPY POOL L
L/M AQUA BOOT CAMP 5:45-6:30 pm	L/M AQUA MOVEMENT 5:45-6:30 pm THERAPY POOL	L/M AQUA BOOT CAMP 5:45-6:30 pm	L/M AQUA BOOT CAMP 7:30-8:30 pm	

Programs in dark shaded boxes require registration and a fee.

Intensity Levels: L=Low M=Medium H=High