

WATER FITNESS SUMMER

Effective: June 2—Aug 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">DEEP WATER FITNESS 7:45-8:30 am OUTDOOR POOL DIVING AREA WEATHER PERMITTING</p> <p style="text-align: center;">M/H</p>	<p style="text-align: center;">WATER RUNNING 7:00-7:45 am OUTDOOR POOL DIVING AREA WEATHER PERMITTING</p> <p style="text-align: center;">M/H</p>	<p style="text-align: center;">DEEP WATER FITNESS 7:45-8:30 am OUTDOOR POOL DIVING AREA WEATHER PERMITTING</p> <p style="text-align: center;">M/H</p>	<p style="text-align: center;">WATER RUNNING 7:00-7:45 am OUTDOOR POOL DIVING AREA WEATHER PERMITTING</p> <p style="text-align: center;">M/H</p>	<p style="text-align: center;">DEEP WATER FITNESS 7:45-8:30am OUTDOOR POOL DIVING AREA WEATHER PERMITTING</p> <p style="text-align: center;">M/H</p>
<p style="text-align: center;">WATER FITNESS CHALLENGE 9:00-9:45 am LAP POOL</p> <p style="text-align: center;">M/H</p>	<p style="text-align: center;">AQUA FIT 9:00-9:45 am OUTDOOR POOL WEATHER PERMITTING</p> <p style="text-align: center;">M/H</p>	<p style="text-align: center;">WATER FITNESS CHALLENGE 9:00-9:45 am LAP POOL</p> <p style="text-align: center;">M/H</p>	<p style="text-align: center;">AQUA FIT 9:00-9:45 am OUTDOOR POOL WEATHER PERMITTING</p> <p style="text-align: center;">M/H</p>	<p style="text-align: center;">WATER FITNESS CHALLENGE 9:00-9:45 am LAP POOL</p> <p style="text-align: center;">M/H</p>
<p style="text-align: center;">WATER FITNESS 10:40-11:25 am LAP POOL</p> <p style="text-align: center;">L/M</p>	<p style="text-align: center;">ACTIVE OLDER ADULT WATER FITNESS 10:40-11:25 am LAP POOL</p> <p style="text-align: center;">L/M</p>	<p style="text-align: center;">WATER FITNESS 10:40-11:25 am LAP POOL</p> <p style="text-align: center;">L/M</p>	<p style="text-align: center;">ACTIVE OLDER ADULT WATER FITNESS 10:40-11:25 am LAP POOL</p> <p style="text-align: center;">L/M</p>	<p style="text-align: center;">WATER FITNESS 10:40-11:25 am LAP POOL</p> <p style="text-align: center;">L/M</p>
<p style="text-align: center;">ARTHRITIS WATER EXERCISE 11:30am-12:15pm \$35/\$70 THERAPY POOL</p> <p style="text-align: center; font-size: 2em;">L</p>	<p style="text-align: center;">ARTHRITIS WATER EXERCISE 11:30 am-12:15 pm \$24/\$48 THERAPY POOL</p> <p style="text-align: center; font-size: 2em;">L</p>	<p style="text-align: center;">ARTHRITIS WATER EXERCISE 11:30 am-12:15 pm \$35/\$70 THERAPY POOL</p> <p style="text-align: center; font-size: 2em;">L</p>	<p style="text-align: center;">ARTHRITIS WATER EXERCISE 11:30 am-12:15 pm \$24/\$48 THERAPY POOL</p> <p style="text-align: center; font-size: 2em;">L</p>	<p style="text-align: center;">ARTHRITIS WATER EXERCISE 11:30 am-12:15 pm \$35/\$70 THERAPY POOL</p> <p style="text-align: center; font-size: 2em;">L</p>
	<p style="text-align: center;">MS/SILVER SPLASH 1:00-1:45 pm LAP POOL</p> <p style="text-align: center; font-size: 2em;">L</p>		<p style="text-align: center;">MS/SILVER SPLASH 1:00-1:45 pm LAP POOL</p> <p style="text-align: center; font-size: 2em;">L</p>	
<p style="text-align: center;">ARTHRITIS WATER EXERCISE 5:30-6:15 pm \$35/\$70 THERAPY POOL</p> <p style="text-align: center; font-size: 2em;">L</p>		<p style="text-align: center;">ARTHRITIS WATER EXERCISE 5:30-6:15 pm \$35/\$70 THERAPY POOL</p> <p style="text-align: center; font-size: 2em;">L</p>		<p style="text-align: center;">ARTHRITIS WATER EXERCISE 5:30-6:15 pm \$35/\$70 THERAPY POOL</p> <p style="text-align: center; font-size: 2em;">L</p>
<p style="text-align: center;">AQUA BOOT CAMP 6:30-7:15 pm LAP POOL</p> <p style="text-align: center;">M/H</p>	<p style="text-align: center;">AQUA YOGA 5:45-6:30 pm THERAPY POOL</p> <p style="text-align: center;">L/M</p>	<p style="text-align: center;">AQUA BOOT CAMP 6:30-7:15 pm LAP POOL</p> <p style="text-align: center;">M/H</p>	<p style="text-align: center;">AQUA MOVEMENT 5:45-6:30 pm THERAPY POOL</p> <p style="text-align: center;">L/M</p>	

Programs in dark shaded boxes require registration and a fee.

Arthritis Water Exercise M/W/F for 6 Weeks \$35 Members / \$70 Non Members
Arthritis Water Exercise Tu/Th for 6 Weeks \$24 Members / \$48 Non Members

INTENSITY LEVELS: L=Low M=Medium H=High