

# WATER FITNESS

## WINTER/SPRING

Effective Jan 6–May 25

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 \$22/\$44 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 \$22/\$44 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
AQUA BOOT CAMP 6:30–7:15 pm L/M	AQUA YOGA 5:45–6:30 pm THERAPY POOL L/M	AQUA BOOT CAMP 6:30–7:15 pm L/M	AQUA MOVEMENT 5:45–6:30 pm L/M	

**Programs in dark shaded boxes require registration and a fee.**

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