

DAVIS WATER FITNESS

HOLIDAY

Effective: December 1—January 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>WATER FITNESS</div> <div>9:00–9:45 AM</div> <div>LAP POOL</div> <div>M/H</div>	<div>AQUAROBICS</div> <div>9:00–9:45 AM</div> <div>LAP POOL</div> <div>M</div>	<div>WATER FITNESS</div> <div>9:00–9:45 AM</div> <div>LAP POOL</div> <div>M/H</div>	<div>AQUAROBICS</div> <div>9:00–9:45 AM</div> <div>LAP POOL</div> <div>M</div>	<div>WATER FITNESS</div> <div>9:00–9:45 AM</div> <div>LAP POOL</div> <div>M/H</div>
	<div>HYDRO BLAST</div> <div>10:00–10:30 AM</div> <div>LAP POOL</div> <div>H</div>		<div>HYDRO BLAST</div> <div>10:00–10:30 AM</div> <div>LAP POOL</div> <div>H</div>	
<div>WATER FITNESS</div> <div>10:40–11:25 AM</div> <div>LAP POOL</div> <div>L/M</div>	<div>ACTIVE OLDER ADULT</div> <div>WATER FITNESS</div> <div>10:40–11:25 AM</div> <div>LAP POOL</div> <div>L/M</div>	<div>WATER FITNESS</div> <div>10:40–11:25 AM</div> <div>LAP POOL</div> <div>L/M</div>	<div>ACTIVE OLDER ADULT</div> <div>WATER FITNESS</div> <div>10:40–11:25 AM</div> <div>LAP POOL</div> <div>L/M</div>	<div>WATER FITNESS</div> <div>10:40–11:25 AM</div> <div>LAP POOL</div> <div>L/M</div>
<div>ARTHRITIS</div> <div>WATER EXERCISE</div> <div>11:30 AM–12:15 PM</div> <div>THERAPY POOL</div> <div>L</div>	<div>ARTHRITIS</div> <div>WATER EXERCISE</div> <div>11:30 AM–12:15 PM</div> <div>THERAPY POOL</div> <div>L</div>	<div>ARTHRITIS</div> <div>WATER EXERCISE</div> <div>11:30 AM–12:15 PM</div> <div>THERAPY POOL</div> <div>L</div>	<div>ARTHRITIS</div> <div>WATER EXERCISE</div> <div>11:30 AM–12:15 PM</div> <div>THERAPY POOL</div> <div>L</div>	<div>ARTHRITIS</div> <div>WATER EXERCISE</div> <div>11:30 AM–12:15 PM</div> <div>THERAPY POOL</div> <div>L</div>
	<div>AQUA</div> <div>YOGA/MOVEMENT</div> <div>5:45–6:30 pm</div> <div>THERAPY POOL</div> <div>L/M</div>		<div>AQUA</div> <div>YOGA/MOVEMENT</div> <div>5:45–6:30 pm</div> <div>THERAPY POOL</div> <div>L/M</div>	
	<div>AQUA BOOT CAMP</div> <div>7:30–8:15 PM</div> <div>LAP POOL</div> <div>M/H</div>		<div>AQUA BOOT CAMP</div> <div>7:30–8:15 PM</div> <div>LAP POOL</div> <div>M/H</div>	

Programs in dark shaded boxes require registration and payment.

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