

DAVIS WATER FITNESS

SPRING

Effective: April 6—May 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WATER FITNESS 9:00-9:45 AM LAP POOL M/H	AQUAROBICS 9:00-9:45 AM LAP POOL M/H	WATER FITNESS 9:00-9:45 AM LAP POOL M/H	AQUAROBICS 9:00-9:45 AM LAP POOL M/H	WATER FITNESS 9:00-9:45 AM LAP POOL M/H
	HYDRO BLAST 10:00-10:30 AM LAP POOL H		HYDRO BLAST 10:00-10:30 AM LAP POOL H	
WATER FITNESS 10:40-11:25 AM LAP POOL L/M	ACTIVE OLDER ADULT WATER FITNESS 10:40-11:25 AM LAP POOL L/M	WATER FITNESS 10:40-11:25 AM LAP POOL L/M	ACTIVE OLDER ADULT WATER FITNESS 10:40-11:25 AM LAP POOL L/M	WATER FITNESS 10:40-11:25 AM LAP POOL L/M
ARTHRITIS WATER EXERCISE 11:30 AM-12:15 PM \$40/\$80 THERAPY POOL L	ARTHRITIS WATER EXERCISE 11:30 AM-12:15 PM \$28/\$56 THERAPY POOL L	ARTHRITIS WATER EXERCISE 11:30 AM-12:15 PM \$40/\$80 THERAPY POOL L	ARTHRITIS WATER EXERCISE 11:30 AM-12:15 PM \$28/\$56 THERAPY POOL L	ARTHRITIS WATER EXERCISE 11:30 AM-12:15 PM \$40/\$80 THERAPY POOL L
	AQUA SCULPT & FLOW 5:45-6:30 PM THERAPY POOL L/M		AQUA SCULPT & FLOW 5:45-6:30 pm THERAPY POOL L/M	

Programs in dark shaded boxes require registration and payment.

Arthritis Water Exercise M/W/F for 6 Weeks \$40 Members / \$80 Non Members

Arthritis Water Exercise Tu/Th for 6 Weeks \$28 Members / \$56 Non Members

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