

# DAVIS WATER FITNESS

## SUMMER

Effective: June 1—August 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>WATER RUNNING</b> 7:00-7:45 AM OUTDOOR POOL DIVING AREA WEATHER PERMITTING M/H		<b>WATER RUNNING</b> 7:00-7:45 AM OUTDOOR POOL DIVING AREA WEATHER PERMITTING M/H	
<b>DEEP WATER FITNESS</b> 7:45-8:30 AM OUTDOOR POOL DIVING AREA WEATHER PERMITTING M/H		<b>DEEP WATER FITNESS</b> 7:45-8:30 AM OUTDOOR POOL DIVING AREA WEATHER PERMITTING M/H		<b>DEEP WATER FITNESS</b> 7:45-8:30 AM OUTDOOR POOL DIVING AREA WEATHER PERMITTING M/H
<b>WATER FITNESS</b> 9:00-9:45 AM LAP POOL M/H	<b>AQUAROBICS</b> 9:00-9:45 AM OUTDOOR POOL WEATHER PERMITTING M/H	<b>WATER FITNESS</b> 9:00-9:45 AM LAP POOL M/H	<b>AQUAROBICS</b> 9:00-9:45 AM OUTDOOR POOL WEATHER PERMITTING M/H	<b>WATER FITNESS</b> 9:00-9:45 AM LAP POOL M/H
<b>WATER FITNESS</b> 10:40-11:25 AM LAP POOL L/M	<b>ACTIVE OLDER ADULT WATER FITNESS</b> 10:40-11:25 AM LAP POOL L/M	<b>WATER FITNESS</b> 10:40-11:25 AM LAP POOL L/M	<b>ACTIVE OLDER ADULT WATER FITNESS</b> 10:40-11:25 AM LAP POOL L/M	<b>WATER FITNESS</b> 10:40-11:25 AM LAP POOL L/M
<b>ARTHRITIS WATER EXERCISE</b> 11:30 AM-12:15 PM \$27/\$54 THERAPY POOL L	<b>ARTHRITIS WATER EXERCISE</b> 11:30 AM-12:15 PM \$19/\$38 THERAPY POOL L	<b>ARTHRITIS WATER EXERCISE</b> 11:30 AM-12:15 PM \$27/\$54 THERAPY POOL L	<b>ARTHRITIS WATER EXERCISE</b> 11:30 AM-12:15 PM \$19/\$38 THERAPY POOL L	<b>ARTHRITIS WATER EXERCISE</b> 11:30 AM-12:15 PM \$27/\$54 THERAPY POOL L
	<b>AQUA SCULPT &amp; FLOW</b> 5:45-6:30 PM THERAPY POOL L/M		<b>AQUA SCULPT &amp; FLOW</b> 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 1 Month \$27 Members / \$54 Non Members

Arthritis Water Exercise Tu/Th for 1 Month \$19 Members / \$38 Non Members

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