

WATER FITNESS FALL 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
H ₂ O INTERVAL 6:00-6:45 am Corky		H ₂ O INTERVAL 6:00-6:45 am Corky			
WATER FITNESS CHALLENGE 9:00-9:45 am	WATER IN MOTION 9:00-9:45 am	WATER FITNESS CHALLENGE 9:00-9:45 am	WATER IN MOTION 9:00-9:45 am	WATER FITNESS CHALLENGE 9:00-9:45 am	WATER IN MOTION 9:00-9:45 am
*MS/ARTHRITIS "PLUS" 9:50-10:35 am \$22/\$66 Denise		*ARTHRITIS "PLUS" 9:50-10:35 am \$22/\$66 Denise		*MS/ARTHRITIS "PLUS" 9:50-10:35 am \$22/\$66 Denise	
WATER FITNESS 10:40-11:25 am	ACTIVE OLDER ADULT WATER FITNESS 10:40-11:25 am	WATER FITNESS 10:40-11:25 am	ACTIVE OLDER ADULT WATER FITNESS 10:40-11:25 am	WATER FITNESS 10:40-11:25 am	
* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 11:30 am-12:15 pm Gwen	* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$17/\$51 11:30 am-12:15 pm	* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 11:30 am-12:15 pm Gwen	* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$17/\$51 11:30 am-12:15 pm	* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 11:30 am-12:15 pm	
ACTIVE OLDER ADULT WATER FITNESS 2:00-2:45 pm	SILVER SNEAKERS SPLASH 1:00-1:45 pm	ACTIVE OLDER ADULT WATER FITNESS 2:00-2:45 pm	SILVER SNEAKERS SPLASH 1:00-1:45 pm	ACTIVE OLDER ADULT WATER FITNESS 2:00-2:45 pm	
* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 5:00-5:45 pm Phil		* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 5:00-5:45 pm Phil		* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 5:00-5:45 pm Phil	
WATER FITNESS 6:30-7:15 pm Alan		AQUA ZUMBA 6:30-7:15 pm Lori			

Water Fitness classes are held in the Lap Pool unless otherwise noted. Classes listed in the shaded boxes require registration and fee. Member price/non-member price. Classes with consistent low enrollment may be cancelled.

Updated 8/18/17