

WATER FITNESS SUMMER SESSION JUNE 4-SEPTEMBER 1, 2018

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

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

Updated 5/21/18