



WATER FITNESS CLASS SCHEDULE

SUMMER June 1st – 30th

All class sizes are limited to 24 participants

Classes are 50 minutes in length **** Advance Registration is Required** Please scan your membership card at front desk to avoid a no show fee****

PLEASE ARRIVE NO EARLIER THAN 5 MIN BEFORE CLASS. All classes will be conducted in shallow water pool depth (with the exception of Aqua Deep). Members may participate in the deep end during any shallow water class with the appropriate equipment.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:05 AM Aqua HIIT Combo Colleen		8:05 AM Aqua Deep Colleen	8:05 AM Aqua Boot Camp Colleen	No Classes
	11:05 AM Aqua P&S Kris		11:05 AM Aqua P&S Kris			
5:00 PM Aqua Fit Nancy			5:00 PM Aqua Fit Colleen Outside Pool			

Class Subs and Cancellations
July 4th – HOLIDAY, No classes

August 17th – Nancy SUB for Aqua HIIT Combo @ 8:05am

August 18th – 5pm AquaFit CANCELED; August 19th – 8:05am Aqua Deep CANCELED; August 20th – 8:05am Aqua Boot Camp CANCELED

August 29th – Colleen SUB for Aqua Fit @ 5pm

Sept. 5th – HOLIDAY, No classes