

# Water Fitness Schedule

## Winter 1 & 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:05am						
8:15am						
8:30am						
8:45am						
9:00am	Water Fitness Sarah 8:50a-9:40a		Deep Water Fitness Jackie 8:45a-9:40a		Adult Aqua Boot Camp Darlene/Jackie 8:50a-9:45a	Water Fitness Melinda/Jackie 8:35a-9:30a
9:15am						
9:30am						
9:45am	Adult Therapeutic Water Fitness Darlene 9:45a-10:30a		Adult Therapeutic Water Fitness Darlene 9:45a-10:30a		Adult Therapeutic Water Fitness Darlene/Jackie 9:45a-10:30a	
10:00am						
10:15am						
10:30am	Adult Therapeutic Water Fitness Darlene 10:30a-11:20a		Adult Therapeutic Water Fitness Darlene 10:30a-11:20a		Adult Therapeutic Water Fitness Darlene/Jackie 10:30a-11:20a	
10:45am						
11:00am						
11:15am						
11:30am	Easy Does it Water Darlene 11:20a-12:15p		Easy Does it Water Darlene 11:20a-12:15p		Easy Does it Water Darlene/Jackie 11:20a-12:15p	
11:45am						
12:00pm						
12:15pm						
<b>Night Water Fitness Classes</b>						
7:40pm		Deep Water Fitness Jackie 7:40p-8:35p		Adult Aqua Boot Camp Dawn 7:40p-8:35p		
8:00pm						
8:35pm						

Schedule is subject to change; please check the courtesy counter for availability.  
Class sizes are limited, so register today to reserve your place!