

Aqua Aerobics Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|-------------------------------------|---------------------------------------|--|--------------------------------------|---|--------|
| Boot Camp Aqua 9:00 a.m. | Hydro Power 9:00 a.m. | The Aqua Zone 9:00 a.m. | Strength Intervals 9:00 a.m. | Cardio Moves 9:00 a.m. | <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Aqua DyNaMix 8:15 a.m. </div> | |
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| | Aqua Works 5:30 p.m. | | Cardio Meltdown 5:30 p.m. | Effective Date 6/1/2020 | | |

