

Aqua Aerobics Classes 2023

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.		

Aqua
DyNaMix
8:15 a.m.



Cardio
Meltdown
6:00 p.m.

Cardio
Meltdown
6:00 p.m.