

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.		
					Aqua DyNaMix 8:15 a.m.	
Cardio Meltdown 6:00 p.m.			Cardio Meltdown 6:00 p.m.			

