

Aqua Aerobics Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Motivational Monday 8:00 a.m.						Aqua DyNaMix 8:15 a.m.	
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.			
Liquid Inferno 4:00 p.m.							
	Cardio Meltdown 6:00 p.m.			Cardio Meltdown 6:00 p.m.			

Effective Date: 6/18/2026