



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## AQUATIC CLASS SCHEDULE

	Time	Class	Instructor	Location
<b>Monday</b>	8:15 AM	Deep Fit	Lee	Everett Milton Pool
	9:55 AM	Aqua Fit	Susan H.	Everett Milton Pool
	11:00 AM	Aqua Fit	Lillian	Everett Milton Pool
<b>Tuesday</b>	11:00 AM	Aqua Fit	Lillian	Everett Milton Pool
	5:15 PM	Deep Fit	Amanda	Everett Milton Pool
<b>Wednesday</b>	8:15 AM	Deep Fit	Lee	Everett Milton Pool
	11:00 AM	Aqua Fit	Ann	Everett Milton Pool
<b>Thursday</b>	11:00 AM	Aqua Fit	Lillian	Everett Milton Pool
	5:15 PM	Deep Fit	Amanda	Everett Milton Pool
<b>Friday</b>	8:15 AM	Deep Fit	Lee	Everett Milton Pool
	9:55 AM	Aqua Fit	Susan H.	Everett Milton Pool
	11:00 AM	Aqua Fit	Ann	Everett Milton Pool

### Aquatic Class Descriptions

**Aqua Fit** - Complete conditioning does not have to be limited to land classes! Challenge yourself with one of our joint-gentle aquatic workouts where anything goes.

**Deep Water Aqua Fit** - Improve balance, muscle strength, and flexibility while receiving a great cardiovascular workout. Our deep