



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC CLASS SCHEDULE

| | Time | Class | Instructor | Location |
|------------------|-------------|--------------|-------------------|---------------------|
| Monday | 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 |
| Tuesday | 11:00 AM | Aqua Fit | Lillian | Everett Milton Pool |
| | 5:30 PM | Deep Fit | Amanda | Everett Milton Pool |
| Wednesday | 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 |
| Thursday | 11:00 AM | Aqua Fit | Lillian | Everett Milton Pool |
| | 5:30 PM | Deep Fit | Amanda | Everett Milton Pool |
| Friday | 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