



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
	10:00AM	Aqua Fit	Susan H.	Butler Mason Pool
	11:00AM	Aqua Fit	Lillian	Everett Milton Pool
Tuesday	9:15 AM	Aqua Fit	Lillian	Weston Pool
	11:00 AM	Aqua Fit	Lillian	Everett Milton Pool
	5:15 PM	Deep Fit	Amanda	Everett Milton Pool
	5:00PM	Aqua Fit	Volunteer Led	Everett Milton Pool
Wednesday	8:15 AM	Deep Fit	Lee	Everett Milton Pool
	10:00AM	Aqua Fit	Susan H.	Butler Mason Pool
	11:00AM	Aqua Fit	Lucretia	Everett Milton Pool
Thursday	9:15 AM	Aqua Fit	Lillian	Weston Pool
	11:00 AM	Aqua Fit	Lillian	Everett Milton Pool
	5:15 PM	Deep Fit	Amanda	Everett Milton Pool
	5:00PM	Aqua Fit	Volunteer Led	Everett Milton Pool
Friday	8:15 AM	Deep Fit	Lee	Everett Milton Pool
	10:00AM	Aqua Fit	Susan H.	Butler Mason Pool
	11:00AM	Aqua Fit	Lucretia	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.

Boga Fit - a fitness regimen developed by combining the best aspects of key proven core movements from yoga and boot camp/

Deep Water Aqua Fit - Improve balance, muscle strength, and flexibility while receiving a great cardiovascular workout. Our deep water class utilizes buoyancy belts and exercise gloves. Participants must be able to swim.