



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

AQUATIC CLASS SCHEDULE

	Time	Class	Instructor	Location
Monday	7:00 AM	Aqua Fit	Lillian	Pool
	8:00 AM	Aqua Fit	Susan	Pool
	11:00 AM	Aqua Bootcamp	Lillian	Pool
Tuesday	7:00 AM	Aqua Fit	Lillian	Pool
	11:00 AM	Aqua Bootcamp	Lillian	Pool
	5:15 PM	Deep Fit	Amanda	Pool
	5:30 PM	Aqua Fit	Karen	Pool
Wednesday	5:30 AM	Boga Fit	Jill T.	Pool
	8:00 AM	Aqua Fit	Susan	Pool
	11:00 AM	Aqua Fit	Lucretia	Pool
Thursday	7:00 AM	Aqua Fit	Lillian	Pool
	11:00 AM	Aqua Bootcamp	Lillian	Pool
	5:15 PM	Deep Fit	Amanda	Pool
	5:30 PM	Aqua Fit	Karen	Pool
Friday	5:30 AM	Boga Fit	Jill T.	Pool
	7:00 AM	Aqua Fit	Lillian	Pool
	8:00 AM	Aqua Fit	Susan	Pool
	11:00 AM	Aqua Fit	Lucretia	Pool
Saturday*	10:00 AM	Aqua Bootcamp	Lillian	Pool

* (Every other Saturday. Check the Pool for dates)

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.