



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## AQUATIC CLASS SCHEDULE

	Time	Class	Instructor	Location
<b>Monday</b>	7:00 AM	Aqua Fit	Lillian	Pool
	10:00 AM	Aqua Fit	Susan	Pool
	11:00 AM	Aqua Bootcamp	Lillian	Pool
<b>Tuesday</b>	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
<b>Wednesday</b>	10:00 AM	Aqua Fit	Susan	Pool
	11:00 AM	Aqua Fit	Lucretia	Pool
<b>Thursday</b>	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
<b>Friday</b>	7:00 AM	Aqua Fit	Lillian	Pool
	10:00 AM	Aqua Fit	Susan	Pool
	11:00 AM	Aqua Fit	Lucretia	Pool
<b>Saturday*</b>	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.

**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.

