

Aquatic Group Exercise Schedule

January through December 2012

Monday	Tuesday
8:00 AM - 8:45 AM Water Wake - Up (Pool #1)	8:00 AM - 8:45 AM Water Wake - Up (Pool #1)
9:00 AM - 9:45 AM Water Power (Pool #1)	9:00 AM - 9:45 AM BAT (Pool # 2)
9:00 AM - 9:45 AM ABC (Pool #2)	10:00 AM - 10:45 AM Joints in Motion (Pool #2)
10:00 AM - 10:45 AM Joints in Motion (Pool #2)	1:00 PM -1:45 PM Fibromyalgia (Pool #2)
7:30 PM - 8:15 PM Aqua Flex and Tone (Pool #2)	5:30 PM - 6:15 PM H2O Fit (Pool #1)
Wednesday	Thursday
8:00 AM - 8:45 AM Water Wake - Up (Pool #1)	8:00 AM - 8:45 AM Water Wake - Up (Pool #1)
9:00 AM - 9:45 AM Water Power (Pool #1)	9:00 AM - 9:45 AM BAT (Pool # 2)
9:00 AM - 9:45 AM ABC (Pool #2)	1:00 PM - 1:45 PM Fibromyalgia (Pool #2)
10:00 AM - 10:45 AM Joints in Motion (Pool #2)	6:30 PM - 7:15 PM Instructors Choice (Pool #2)
7:30 PM - 8:15 PM Aqua Flex and Tone (Pool #2)	5:30 PM - 6:15 PM H2O Fit (Pool #1)
Friday	
8:00 AM - 8:45 AM Water Wake - Up (Pool #1)	
9:00 AM - 9:45 AM ABC (Pool #2)	
10:00 AM - 10:45 AM Water Boogie (Pool #2)	

Pool # 1 - Cool Water

Pool # 2 - Warm Water

Revised 01/12



Aquatic Group Exercise Schedule

Pool # 1 - Cool Water
Pool # 2 - Warm Water

Revised 01/12



Aquatic Group Exercise Schedule

Pool # 1 - Cool Water
Pool # 2 - Warm Water

Revised 01/12

