

Water Aerobics

Water Aerobic Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:00AM-9:00AM W.E.T. in Therapy Pool		8:00AM-9:00AM W.E.T. in Therapy Pool		8:00AM-9:00AM W.E.T. in Therapy Pool
9:00AM-10:00AM Aqua Fit in Main Pool		9:00AM-10:00AM Aqua Fit in Main Pool		9:00AM-10:00AM Aqua Fit in Main Pool
10:30AM-11:30AM W.E.T. in Therapy Pool	10:15AM-11:15AM Non-Impact	10:30AM-11:30AM W.E.T. in Therapy Pool	10:15AM-11:15AM Non-Impact	10:30AM-11:30AM W.E.T. in Therapy Pool
10:30AM-11:30AM Senior Swim 2 in Main Pool	11:15AM-12:15PM Silver Splash	10:30AM-11:30AM Senior Swim 2 in Main Pool	11:15AM-12:15PM Silver Splash	10:30AM-11:30AM Senior Swim 2 in Main Pool
12:00PM-1:00PM Senior Swim 1 in Therapy Pool	12:00PM-1:00PM Senior Swim 1 in Therapy Pool	12:00PM-1:00PM Senior Swim 1 in Therapy Pool	12:00PM-1:00PM Senior Swim 1 in Therapy Pool	12:00PM-1:00PM Senior Swim 1 in Therapy Pool
12:00PM-1:00PM Water Aerobics in the Main Pool		12:00PM-1:00PM Water Aerobics in the Main Pool		12:00PM-1:00PM Water Aerobics in the Main Pool
1:00PM-2:00PM Toning in the Therapy Pool		1:00PM-2:00PM Toning in the Therapy Pool		1:00PM-2:00PM Toning in the Therapy Pool
	6:00PM-7:00PM Water Power Hour	8:00PM-9:15PM Intensive W.E.T. in Therapy Pool	6:00PM-7:00PM Water Power Hour	

Please see the Program Guide for Class Descriptions and Levels

You must sign up for an 8 week session in advance at the Front Desk

Classes are free for members