

GREENKNOLL WATER AEROBICS SCHEDULE

MAIN POOL ****subject to change without notice****

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Fit 9:00-10:00am Nina		Aqua Fit 9:00-10:00am Nina		Aqua Fit 9:00-10:00am Nina
Deep Water 10:30-11:30am Drew	Aqua Cardio 9:45-10:45am Sujata	Deep Water 10:30-11:30am Drew	Aqua Cardio 9:45-10:45am Sujata	Deep Water 10:30-11:30am Drew
Aqua-cize 10:45-11:45am Sujata	Non-Impact 10:05-11:05am Aimee	Aqua-cize 10:45-11:45am Sujata	Non-Impact 10:05-11:05am Aimee	Aqua-cize 10:45-11:45am Sujata
Water Aerobics 12:00-1:00pm Sujata	SilverSplash 11:15-12:15pm Susie	Water Aerobics 12:00-1:00pm Sujata	SilverSplash 11:15-12:15pm Maria	Water Aerobics 12:00-1:00pm Sujata
Power Hour 6:00-7:00pm Cathi	Power Hour 6:00-7:00pm Cathi		Power Hour 6:00-7:00pm Cathi	

THERAPY POOL ****subject to change without notice****

Monday	Tuesday	Wednesday	Thursday	Friday
W.E.T. 8:00-9:00am Drew		W.E.T. 8:00-9:00am Drew		W.E.T. 8:00-9:00am Drew
Aqua Conditioning 10:30-11:30am Jaime	Work the Water 11am-12:00pm Sujata	Aqua Conditioning 10:30-11:30am Jaime	Work the Water 11am-12:00pm Sujata	Aqua Conditioning 10:30-11:30am Jaime
Toning 12:00-1pm Susie		Toning 12:00-1pm Susie		Toning 12:00-1pm Susie

EFFECTIVE 10/29/2018