

GREENKNOLL WATER AEROBICS SCHEDULE

Effective 1/2021

Main Pool **subject to change without notice**				
Monday	Tuesday	Wednesday	Thursday	Friday
	Deep & Shallow 9-9:45 am Susie		Deep & Shallow 9- 9:45 am Susie	
Cardio & Strength 11-11:45pm Maria	Deep & Shallow 10-10:45 am Susie	Cardio & Strength 11-11:45pm Maria	Deep & Shallow 10-10:45 am Susie	
Power Workout 6:00-6:45pm Cathi		Power Workout 6:00-6:45pm Cathi		
Therapy Pool **subject to change without notice**				
Monday	Tuesday	Wednesday	Thursday	Friday
Toning & Flexibility 10 -10:45 am Aimee		Toning & Flexibility 10 -10:45 am Aimee		