

## GREENKNOLL WATER AEROBICS SCHEDULE

### April 19 - June 10 2021

<b>Main Pool</b> **subject to change without notice**				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Deep &amp; Shallow</b> 9-9:45 am <b>Susie</b>		<b>Deep &amp; Shallow</b> 9-9:45 am <b>Susie</b>	
<b>Cardio &amp; Strength</b> 11-11:45pm <b>Maria</b>	<b>Deep &amp; Shallow</b> 10-10:45 am <b>Susie</b>	<b>Cardio &amp; Strength</b> 11-11:45pm <b>Randi</b>	<b>Deep &amp; Shallow</b> 10-10:45 am <b>Susie</b>	
<b>Power Workout</b> 6:00-6:45pm <b>Cathi</b>		<b>Power Workout</b> 6:00-6:45pm <b>Cathi</b>		
<b>Therapy Pool</b> **subject to change without notice**				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Toning &amp; Flexibility</b> 10 -10:45 am <b>Linda</b>	<b>Water Yoga</b> 6-645pm <b>Aimee</b>	<b>Toning &amp; Flexibility</b> 10 -10:45 am <b>Randi</b>		