

GREENKNOLL WATER AEROBICS SCHEDULE

June 27th to August 22

Main Pool **subject to change without notice**				
Monday	Tuesday	Wednesday	Thursday	Friday
	Deep & Shallow 9-9:45 am Susi		Deep & Shallow 9-9:45 am Susi	
Cardio & Strength 11-11:45pm Maria	Deep & Shallow 10-10:45 am Susi	Cardio & Strength 11-11:45pm Randi	Deep & Shallow 10-10:45 am Susi	
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 Linda	Water Yoga 6-645pm Aimee	Toning & Flexibility 10 -10:45 am Randi		

Cost per week: \$5, 2 classes per week

Registration is required. Classes fill up quickly.