

GREENKNOLL WATER AEROBICS SCHEDULE

September 7 to October 21

Main Pool **subject to change without notice**				
Monday	Tuesday	Wednesday	Thursday	Friday
	Deep & Shallow 9-9:45 am Susi	Non Impact Water Areobics 10am-11am Aimee	Deep & Shallow 9-9:45 am Susi	
Cardio & Strength 11-11:45pm Randi	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
	Work the Water 11am to 1145 Susi		Work the Water 11am to 1145 Susi	
Toning & Flexibility 10 -10:45 am Randi	Water Yoga 6-645pm Aimee	Toning & Flexibility 10 -10:45 am Randi		

Registration is required spaces are limited

Therapy Pool Registration is required. Spaces are limited.