

## Water Aerobics Schedule October 25 to Dec 23

<b>Main Pool</b> **subject to change without notice**				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Deep & Shallow 9-9:45 AM Susi	Non Impact Water Areobics 10-11 AM Aimee	Deep & Shallow 9-9:45 AM Susi	
Cardio & Strength 11-11:45 PM Randi	Deep & Shallow 10-10:45 AM Susi	Cardio & Strength 11-11:45 PM Randi	Deep & Shallow 10-10:45 AM Susi	
Power Workout 6-6:45 PM Cathi		Power Workout 6-6:45 PM Cathi		
<b>Therapy Pool</b> **subject to change without notice**				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Work the Water 11-11:45 AM Susi		Work the Water 11-11:45 AM Susi	
Toning & Flexibility 10 -10:45 AM Randi	Water Yoga 6-6:45 PM Aimee	Toning & Flexibility 10 -10:45 AM Randi		

**Registration is required spaces are limited**

**Therapy Pool Registration is required. Spaces are limited.**