

RECREATION CENTER Aquatics Schedule

Aqua Exercise Class Schedule

■ Inside Lap Pool

■ Located Inside Leisure Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
River Walking 8:00-9:00am Sheila		River Walking 8:00-9:00am Sheila		Aqua Exercise 8:00-9:00am Sheila		
	River Walking 9:00-10:00am Sheila		River Walking 9:00-10:00am Sheila			
Aqua Cardio 10:00-11:00am Judy	Aqua Zumba 10:00-11:00am Judy		Aqua Cardio 10:00-11:00am Judy	*Deep Water Aqua Exercise 10:00-11:00am Judy		
	Aqua Exercise 4:30-5:30pm Barb H.		Aqua Exercise 4:30-5:30pm Barb H.	Aqua Exercise 4:00-5:00pm Barb H.		
River Walking 6:15-7:15pm Molly		River Walking 6:15-7:15pm Molly				

*Deep water, high-Intensity class, requires more advanced fitness level than traditional aqua exercise classes.