



November 2020

Aqua Class Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Pool	Aqua Zumba 9:00-9:45 w/Carol	Aqua Zumba 9:00-9:45 w/ Carol	Aqua Zumba 9:00-9:45 w/ Alison	Aqua Zumba 9:00-9:45 w/ Kris		Aqua Fit 8:00-8:55 w/ Michelle
Pool	Aqua Toning 9:50-10:35 w/ Carol	Aqua Toning 9:50-10:35 w/ Carol	Aqua Toning 9:50-10:35 w/ Alison	Aqua Toning 9:50-10:35 w/ Kris		
Pool	WATER WORKS WONDERS 11:15-12:00 w/ Pat/Mary		WATER WORKS WONDERS 11:15-12:00 w/ Mary/Pat		WATER WORKS WONDERS 11:15-12:00 w/ Pat/Mary	
Pool		Aqua Toning w/Carol 6:15-7:00	Aqua Toning w/Carol 6:15-7:00			

Aqua Fitness Group Exercise Class Descriptions

WATER WORKS WONDERS:

This water class is designed for people with any type of arthritis. The class allows participants to exercise without putting excess strain on their joints and muscles.

AQUA TONING:

A muscle toning class that uses the resistive nature of water to tone the body.

AQUA ZUMBA® OR AQUA FIT:

A class offering a safe, challenging, water-based workout that's cardio-conditioning AND body toning.