



MAY 2023
*SCHEDULE SUBJECT TO CHANGE

SO YOU CAN KEEP MOVING

AQUA FITNESS SCHEDULE

Group exercise in the pool is a fun way to incorporate more physical activity into your routine. Join certified instructors as they guide you through a safe and effective workout program with the benefits of buoyancy and low impact exercise. There is a class for everyone! All levels are welcome.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AquaFit 9:00 – 9:45am Peggy *Aqua shoes recommended 5/8 & 5/15 SUB- Rodney w/ SS SPLASH	AquaFit 9:00 – 9:45am Peggy *Aqua shoes recommended 5/16 SUB- Rodney w/ SS SPLASH	AquaFit 9:00 – 9:45am Peggy *Aqua shoes recommended 5/17 SUB- Rodney w/ SS SPLASH	5/18 1 Class- 915-1015 SS SPLASH W/ Rodney	AquaFit 9:00 – 9:45am Peggy *Aqua shoes recommended 5/19 SUB- Susan	SS SPLASH 9:00 – 10:00am Rodney *Aqua shoes recommended
Aqua Toning 9:55-10:30 Peggy *Aqua shoes recommended 5/8 & 5/15 SUB- Rodney w/ SS SPLASH	Aqua Toning 9:55-10:30 Peggy *Aqua shoes recommended 5/16 SUB- Rodney w/ SS SPLASH	Aqua Toning 9:55-10:30 Peggy *Aqua shoes recommended 5/17 SUB- Rodney w/ SS SPLASH	Aqua Toning 9:55-10:30 Peggy *Aqua shoes recommended 5/18- Cancelled	Aqua Toning 9:55-10:30 Peggy *Aqua shoes recommended 5/19- Cancelled	
	SS SPLASH 5:00 – 6:00pm Rodney *Aqua shoes recommended				

REGISTRATION REQUIRED

CLASS DESCRIPTIONS Ages 14+

- AQUAFIT** Class emphasis is on improving muscle tone and increasing cardiovascular endurance through interval training. Participants work at their own pace. No swimming ability is required.
- AQUA TONING** Use **resistance equipment** designed for the pool! Fun for all ages and abilities. Aqua shoes are recommended, but not required.
- SS SPLASH** Focuses on increasing agility, range of movement and cardiovascular conditioning. No swimming ability is required.