

# Aquatics

## Water Exercise Schedule

Winter 2012 · Starting January 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Deep Water Workout</b> 9:30–10:30AM		<b>Aqua Zumba</b> 9:30–10:30AM (2 lanes only)		<b>Water Exercise</b> 9:30–10:30AM	
		<b>Yogalates</b> 10:30–11:15AM (1 lap lane only)				<b>Aqua Stretch</b> 11:30–12:30PM
<b>Water Exercise</b> 2:00–3:00PM	<b>Water Exercise</b> 2:00–3:00PM	<b>Water Exercise</b> 2:00–3:00PM	<b>Water Exercise</b> 2:00–3:00PM	<b>Water Exercise</b> 2:00–3:00PM (Last Friday of every month is Aqua Zumba)		
<b>Aqua Stretch</b> 7:30–8:00PM (IN AEROBIC STUDIO)		<b>Water Exercise</b> 7:30–8:30PM	<b>Water Exercise</b> 7:30–8:30PM			
<b>Water Exercise</b> 8:00–9:00PM						