



# ADULT CLASS SCHEDULE

## AQUATICS FITNESS CLASSES

Participate in an organized lap swim workout intended to increase muscular strength, aerobic endurance, stroke technique and build overall fitness!

Monday	6:00am-7:15am With Mike	7:15am-8:30am With Mike	12pm-1:15pm With Joan
Wednesday	6:00am-7:15am With Mike	7:15am-8:30am With Mike	12pm-1:15pm With Joan
Friday	6:00am-7:15am With Mike	7:15am-8:30am With Mike	12pm-1:15pm With Joan
Saturday	9:00am-10:15am With Mike		

## WATER AEROBICS CLASSES

Water aerobics classes provide high intensity workouts and are an excellent way to meet your fitness goals with less impact on your joints. Classes are designed to appeal to all levels of ability.

	Aqua Running	Deep Water Workout	Shallow Water Toning
Monday		12pm – 1pm with Erin	
Tuesday		12pm – 1pm with Karissa	
Wednesday		12pm – 1pm with Erin	
Thursday	12pm – 1pm with Camile		
Friday		12pm – 1pm with Jay	
Saturday			9:15am – 10:15am with Neli

- Class offerings and schedule subject to change.