



FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## WATER AEROBICS CLASS SCHEDULE

DAY	TIME	LOCATION	CLASS
MONDAY	8:30 a.m.	Indoor	Deep Water
	1:00 p.m.	Indoor	Arthritis
	7:00 p.m.	Indoor	Deep Water
TUESDAY	9:00 a.m.	Indoor	Aqua Zumba
	1:00 p.m.	Indoor	Arthritis
	7:00 p.m.	Indoor	Shallow Water
WEDNESDAY	8:30 a.m.	Indoor	Deep Water
	1:00 p.m.	Indoor	Aqua Zumba
	7:00 p.m.	Indoor	Shallow Water
THURSDAY	8:30 a.m.	Indoor	Shallow Water
	1:00 p.m.	Indoor	Open Exercise
	7:00 p.m.	Indoor	Deep Water
FRIDAY	8:30 a.m.	Indoor	Combo
	1:00 p.m.	Indoor	Arthritis
SATURDAY	8:30– 9:30 a.m.	Indoor	Combo