AQUATIC GROUP EXERCISE

LAP POOL SCHEDULE

	and the second second		and the first	A CONTRACTOR OF	12 - 12	Sector and the sector of the s	- in the
Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:15AM	4	4	4	4	4	4	
8:00-9:00AM	Aqua Splash	Aqua Splash	Aqua Splash	Aqua Splash	Aqua Splash		
8:00-9:00AW	2	2	2	2	2		
9:15-10:00AM	4	Aqua Groove 2	4	Aqua Groove 2	4	4	
10:00-11:00AM	H20 BC		H20 BC		H20 BC		
10:00-11:00AW	1		1		1		
11:00-1:15PM	4	4	4	4	4	4	Pool Opens 1:00 PM
1:15-3:30PM	4	1:30PM MC PE	4	1:30PM MC PE	4	4	4
3:30-5:30PM	MAKOS		MAKOS		MAKOS	Pool Closes	Pool Closes
3:30-5:30PIVI	1		1		1	4:45PM	5:45PM
5:30-6:00PM	4	4	4	4	4	Please note that the lap pool may be used for swim lessons if necessary. PLEASE WEAR APPROPRIATE CLOTHING IN POOL. NO LOTIONS, OILS, or PERFUME	
6:00-6:45PM	H20 Robics	Aqua Splash	H20 Robics	Aqua Splash			
	2	2	2	2			
6:45-7:45PM							
Children Children Children	AND AND AND ADDRESS	and the second sec	AND THE OWNER	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	the Children of the	21 Am 1/2 - 100 (A	The Children of the second

<u>Aqua Splash</u>: Just add water & shake! Have fun & shake off the calories in this 45 min cardio dance class in the water. <u>H20 BC (Bootcamp)</u>: A 45 min high-paced & fun workout combining cardio & strength.

<u>H20 Robics</u>: 45 mins of cardio exercise with toning intervals utilizing equipment to burn calories & increase endurance! <u>Aqua Groove</u>: A combination of music with a variety of different dance styles, kickboxing, and balance technique strategies to help you overcome every day challenges.

THERAPY POOL SCHEDULE

	And the second s	100 Lan 100				Contraction of the second		
ç	Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
100 CO	8:00-8:45AM						Pool Opens 7:00 AM	
-	8:30-9:15PM							
	9:00-9:45AM	Gentle Currents		Gentle Currents		Gentle Currents	Family Time 10:00AM- 4:30PM	
-	10:15-11:45AM							
	12:00-2:00PM							Pool Opens
1	2:00-2:45PM							1:00PM
の合われ	4:30-7:30PM						Pool Closes 4:30PM	Family Time 1:00-5:30PM
	5:15-6:00PM		Gentle		Gentle			Pool Closes
ž	5.15-0.001 W		Currents		Currents			5:30PM
	6:00-7:45PM	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim		
-		6pm-8pm	6pm-8pm	6pm-8pm	6pm-8pm	6pm-7:30pm		
	and the second se	and the second second		and the second se		and the second second	and the second	A COLORADO AND A COLO

<u>Gentle Currents</u>: 45 mins of light movements and low intensity exercises to increase flexibility, mobility, strength, and range of motion