



Aqua Aerobics Schedule 2019

Times	Mon	Tues	Wed	Thu	Fri	Sat
10:15am - 11:15am	AQUA COMBO	AQUA BOOT CAMP	AQUA COMBO	AQUA BOOT CAMP	AQUA COMBO	AQUA COMBO
11:15am- 12:15pm	DEEP WATER BLAST		DEEP WATER BLAST		DEEP WATER BLAST	
5:30pm- 6:30pm		AQUA COMBO		AQUA COMBO		

AQUA COMBO Strength and cardio training in shallow water.

DEEP WATER BLAST Emphasis on good body mechanics, cardio training and stretching and fun! In 6ft water with swim belt. During summer, classes may be outside in the outdoor pool.

AQUA BOOTCAMP A mix of target moves that will whittle your waist, get the blood flowing and burn calories! Not your average water aerobics class!