Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua Fitness 9:15-10:00 Instructor: **Anne** Competition Pool – Deep Water. Lanes 1-3	**Aqua Fitness** 9:00-9:45 Instructor: **Sandra** Competition Pool – Shallow Water. Lanes A & B	**Aqua Fitness** 9:00-9:50 Instructor: **Anne** Competition Pool – Shallow Water. Lanes A & B	**Aqua Fitness** 9:00-9:45 Instructor: **Sandra** Competition Pool – Deep Water. Lanes 1-3	**Aqua Fitness** 9:00-9:50 Instructor: **Anne** Competition Pool – Shallow Water. Lanes A & B	**Aqua Fitness** 8:15 – 9:00 Instructor: **Sandra** Recreation Pool – Common area/Deep Water
	Aqua Fitness 10:15-11:05 Instructor: **Anne** Recreation Pool – Common area/Shallow Water	**Aqua Fitness** 10:00-10:45 Instructor: **Sandra** Recreation Pool – Common area/Shallow Water	**Aqua Fitness** 10:00-11:00 Instructor: **Anne** Recreation Pool – Common area/Shallow Water	**Aqua Fitness** 10:00-10:45 Instructor: **Sandra** Recreation Pool – Common area/Shallow Water	**Aqua Fitness** 10:00-11:00 Instructor: **Anne** Recreation Pool – Common area/Shallow Water	**Aqua Fitness** 9:15 – 10:00 Instructor: **Sandra** Competition Pool – Shallow Water. Lanes A & B (***UNLESS*** there's swim team practice. Then class will be in Recreation Pool – Common area/Shallow Water)
		Aqua Zumba 11:00 – 11:50 Instructor: **Brian** Recreation Pool – Common area/Shallow Water		**Aqua Zumba** 11:00 – 11:50 Instructor: **Brian** Recreation Pool – Common area/Shallow Water		

Class Descriptions:

Mondays 9:15 – 10:00: This class focuses on abdominal work, strength, and range of motion. Water belts are provided to aid buoyancy. Features music from the '50's and '60's.

Mondays 10:15 – 11:05: The focus of this class is on range of motion, using some equipment to add resistance ending with a quick cool down. Features music from the '50's and '60's. Appropriate for swimmers and non-swimmers.

Wednesdays 9:00 – 9:50: Build up a sweat with simple but fast-moving exercises, usually including abdominal workouts. Features music from the ‘60’s and ‘70’s.

Wednesdays 10:00 – 11:00: Class focuses on range of motion and cardio work; starting with an easy warmup, leading to a fast-paced session, and ending with a 15-minute cool-down/stretching session. Optional equipment is available for those wanting to add more resistance. Features music from the ‘60’s and ‘70’s.

Fridays 9:00 – 9:50: Build up a sweat with simple but fast-moving exercises, ending with a short cool-down/stretching session. Features music from the ‘60’s, ‘70’s, and more.

Fridays 10:00 – 11:00: Class focuses on range of motion, abdominal and cardio work; starting with an easy warmup, leading to a fast-paced session, and ending with a 15-minute cool-down/stretching session. Optional equipment is available for those wanting to add more resistance. Features music from the ‘60’s, ‘70’s, and more.

People are welcome to join for the last 15 minutes of class if they want to focus on range of motion and stretching.