



Water Aerobics Schedule

Winter 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	Silversplash Bonnie		Silversplash Bonnie		Interval flow Bonnie	
8:00am	Aqua Dance Amanda P.	Deep Water Aimee	Aqua Dance Cindy	Deep Water Cindy	Silversplash Bonnie	Aqua Cycle (T) Cindy *
		Silversplash Marina		Silversplash Marina		
9:00am	Water Arthritis Joyce	Water Arthritis Marina	Water Arthritis Joyce	Water Arthritis Marina	Aqua Cycle(T) Colt *	
5:30PM		Aqua Cycle(T) Colt *		Aqua Cycle (T) Colt *		

Aqua Cycle Classes: L = Lap Pool, T = Therapy Pool

****Requires shoes (water, tennis Shoe)***