



# Water Aerobics Schedule

## August 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:50am	Water Zumba Amanda			8:00Am Aqua Dance Cindy		
8:00am		Deep Water Cindy	Dance Party Cindy	Silversplash Joyce	Interval party Cindy/Joyce	Aqua Cycle Cindy (T)
		Silversplash Joyce				
8:30am	Cardio music Joyce					
9:00am		Water Arthritis Cindy	Aqua Cycle Cindy (L)	Water Arthritis Cindy		