

WATER AEROBICS SUMMER SCHEDULE 2021
Effective 6/21/21

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor Pool							
8:00-8:55am	AQUADANCE	AQUADANCE	AQUADANCE	HYDROTHERAPY	AQUADANCE		
9:00-9:55am	DEEP WATER		DEEP WATER			AQUADANCE	
6:00-6:45pm							TABATA
Lazy River							
9:00-9:50am		LITE RIVER RESISTANCE		LITE RIVER RESISTANCE	RIVER RESISTANCE		
10:00-10:50pm	RIVER RESISTANCE	RIVER RESISTANCE	RIVER RESISTANCE	RIVER RESISTANCE	RIVER RESISTANCE		
Indoor Pool							
12:05-1:00pm	HYDROTHERAPY	PRE/POSTNATAL	HYDROTHERAPY	PRE/POSTNATAL	HYDROTHERAPY		
1:05-2:00pm		HYDROTHERAPY		HYDROTHERAPY			