

AQUATICS CLASS SCHEDULE

JUNE 27 - SEPTEMBER 2

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
9:00-9:50 am ABC <i>Kristina</i>	8:45-9:45 am NEW WAVES <i>Kristina</i>	9:00-9:50 am ABC <i>Teresa</i>	9:30-10:30 am NEW WAVES <i>Teresa</i>	9:00-9:50 am AQUA SCULPT <i>Teresa</i>

*** The pool will be closed from August 1-August 14 for annual maintenance.*

Class Descriptions

ABC (Aqua Boot Camp)

High energy aerobic workout plus strength skills

Aqua Sculpt

Increase strength and define muscles

New Waves

High energy moves to gain cardio fitness using water weights for toning

186 S. West Avenue, Elmhurst IL, 60126

Phone (630) 833-5064 / Fax (630) 993-8966

