

## ***AQUATICS CLASS SCHEDULE***

***OCTOBER 11-DECEMBER 17***

### **MONDAYS**

9-9:45 am

**ABC**

*Silvia*

### **TUESDAYS**

8:30-9:15 am

**NEW WAVES**

*Julie*

### **FRIDAYS**

8:30-9 am

**AQUA ZUMBA**

*Lucy*

**ABC (Aqua Boot Camp)** High energy aerobic workout plus strength skills

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

**Aqua Zumba** Join the dance party in the pool in this fun and low impact workout that will have you moving and grooving to great music

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