

AQUATICS CLASS SCHEDULE

December 19-March 31

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

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

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