

Aquatics Class Schedule Beginning August 11

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturday
7:45-8:45 am New Waves Sheryl	7:45-8:45 Aqua Sculpt Tina	9:00-10:00 am ABC Kathy	7:45-8:45 am Aqua Sculpt Kathy	9:00-10:00 am ABC Tina	8:30-9:30 am Aquafit Fusion Sheryl
9:00-10:00 am ABC Kristin	9:00-10:00 am Aquafit Fusion Kristina		9:00-10:00 am New Waves Kathy		
	5:15-6:15pm ABC Estelle		5:15-6:15pm Aquafit Fusion Linda		

ABC (Aqua Boot Camp): This low impact, but energizing class is designed to build strength, endurance and power. This will challenge you by working your upper body, core and legs.

Aqua Sculpt: Use a variety of equipment as well as your own body vs the natural resistance of water, to tone muscle and gain strength, improve balance and your overall fitness level in this fun class.

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

Aquafit Fusion: Move through a series of fluid, dynamic exercises to tone muscles and boost endurance in this high energy workout!

