

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	7:45-8:45 am Aqua Sculpt Kathy		7:45-8:45 am Aqua Sculpt Kathy	
9-10 am ABC Kristina	9-10 am New Waves Kristina	9-10 am ABC Kathy	9-10 am New Waves Kathy	9-10 am ABC Tina

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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