

WATER FITNESS

SEPTEMBER 6 - DECEMBER 31, 2022 CLASS SCHEDULE

TIME:	MON/WED	TUE/THU	FRI	SAT
5:50-6:50 AM	Deep Water	AQ Boot Camp	AQ Boot Camp	
7:55-8:55 AM	Water Walk		Water Walk	
8:30-9:30 AM		Arthritis		
9:15-10:15 AM	Shallow Water		Shallow Water	
10:30-11:30 AM		LIFT		
12:00-1:00PM	Arthritis		Arthritis	
	7:15-8:15 PM Deep Water	7:30-8:30PM AQ Zumba		



8:15-9:15 AM
Deep Water

Water Fitness Drop-in Fees

	Resident	Non Resident
Adult	\$ 7.50	\$ 8.25
Sr or Disabled	\$ 5.75	\$ 6.25
11-Visit Pass:		
Adult	\$75.00	\$82.50
Sr or Disabled	\$57.50	\$62.50

