

Aqua Aerobics Classes Summer 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Hydro Power 9:30 a.m.	Into the Deep 9:00 a.m.	Strength Intervals 9:30 a.m.	Aqua Dance Party 9:00 a.m.	Instructors Choice 9:30 a.m.
Boot Camp Aqua 9:00 a.m.	Swing, Splash & Socialize 10:30 a.m.		Swing, Splash & Socialize 10:30 a.m.		
			Intro to Aqua 5:00 p.m.		
High Wave Impact 5:30 p.m.		Shape up with the Shifters 5:30 p.m.	Cardio Splash 5:30 p.m.		

Sunday