

Aqua Aerobics Classes 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Aqua 9:00 a.m.	Hydro Power 9:00 a.m.	The Aqua Zone 9:00 a.m.	Strength Intervals 9:00 a.m.	Cardio Dance Party 9:00 a.m.	Aqua DyNaMix 8:15 a.m.	
Cardio Intervals 5:30 p.m.	Aqua Dance 5:30 p.m.	Cardio Splash 5:30 p.m.	Cardio Meltdown 5:30 p.m.			