



AQUATIC FITNESS CLASSES

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

~~July 2023~~ - Class Schedule

Sept
Sun.

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
3	4 CLOSED FOR LABOR DAY	5 AM 8-9 DW Fitness - Toni 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Toni PM 6:00-6:45 S Aqua Blast Tracy	6 AM 8-9 DWB Strengthen and Tone Toni 9:05-10 S Aqua Fit Toni	7 AM 8-9 DW Strength, Conditioning, & Cardio - Toni 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio - Toni PM 6:10-6:55 S Aqua Zumba - Corrine	8 AM 8-9 DW Strength, Conditioning, & Cardio - Toni Corinne 9:05-10 S Aqua Fit Strength, Conditioning, & Cardio - Toni	9
10	11 AM 8-9 DWB Cardio Self-Lead 9:05-10 S Aqua Fit Toni PM 6:00-6:45 S Aqua Blast Tracy	12 AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fitness Toni PM 6:00-6:45 S Aqua Blast Tracy	13 AM 8-9 DWB Strengthen and Tone Toni 9:05-10 S Aqua Fit Toni	14 AM 8-9 DW Strength, Conditioning, & Cardio Toni 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Toni PM 6:10-6:55 S Aqua Zumba - Corinne	15 AM 8-9 DW Strength, Conditioning, & Cardio Corinne 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Toni	16
17	18 AM 8-9 DWB Cardio Self-Lead 9:05-10 S Aqua Fit Toni PM 6:00-6:45 S Aqua Blast Tracy	19 AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Toni PM 6:00-6:45 S Aqua Zumba Corinne	20 AM 8-9 DWB Strengthen and Tone Corinne 9:05-10 S Aqua Fit Toni	21 AM 8-9 DW Strength, Conditioning, & Cardio Toni 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Toni PM 6:10-6:55 S Aqua Zumba - Corinne	22 AM 8-9 DW Strength, Conditioning, & Cardio Corinne 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Self-Lead	23
24	25 AM 8-9 DWB Cardio Self-Lead 9:05-10 S Aqua Fit Toni PM 6:00-6:45 S Aqua Blast Tracy	26 AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Toni PM 6:00-6:45 S Aqua Zumba Corinne	27 AM 8-9 DWB Strengthen and Tone Toni 9:05-10 S Aqua Fit Toni	28 AM 8-9 DW Strength, Conditioning, & Cardio Corinne 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Toni PM 6:10-6:55 S Aqua Zumba - Corinne	29 AM 8-9 DW Strength, Conditioning, & Cardio Corinne 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Toni	30
	AM 8-9 DWB Cardio Self-Lead 9:05-10 S Aqua Fit Toni PM 6:00-6:45 S Aqua Blast Tracy	AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Toni PM 6:00-6:45 S Aqua Zumba Corinne	AM 8-9 DWB Strengthen and Tone Self-Lead 9:05-10 S Aqua Fit Self-Lead	AM 8-9 DW Strength, Conditioning, & Cardio Corinne 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Self-Lead PM 6:10-6:55 S Aqua Zumba - Corinne	AM 8-9 DW Strength, Conditioning, & Cardio Corinne 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Self-Lead	