

Aqua Aerobics Class Schedule

<i>Day/ Time</i>	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 9:30 am	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	
10:00 – 11:00 am	Waterbugs (Low Intensity)		Waterbugs (Low Intensity)		Waterbugs (Low Intensity)
5:15 - 6:00 pm	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	Aqua Aerobics (Med Intensity)	

Pool Hours of Operation (lap swimming & general use):

Monday – Friday: 8:00am-1:00pm, 3:30- 8:00pm

Saturday: 10:00am- 1:00pm

Sunday: noon- 3:00pm