

WATER FITNESS

SEPTEMBER 7 - DECEMBER 31, 2021 CLASS SCHEDULE

TIME:	MON/WED	TUE/THU	FRI
5:45-6:45 AM	Deep Water	AQ Boot Camp	AQ Boot Camp
7:55-8:55 AM	Water Walk		Water Walk
8:00-9:00 AM			
8:30-9:30 AM		Arthritis	
9:20-10:20 AM	Shallow Water		Shallow Water
10:30-11:30 AM		LIFT	
12:00-1:00 PM	Arthritis		Arthritis
7:30-8:30 PM	Deep Water	AQ Zumba	



Starts Oct 2

Deep Water

Water Fitness Drop-in Fees

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

