

TIME/DAY:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM		**6:30-7:15AM**		**6:30-7:15AM**			
7:00 AM		Sunrise Aqua Boot Camp		Sunrise Aqua Boot Camp			
8:00 AM					Zero Impact H20		
9:00 AM	Aqua Energizer	Aqua Gentle Joints	Aqua Energizer	Aqua Gentle Joints	Aqua Energizer		
10:00 AM	Hydro Gym	Aqua Body Blast	Hydro Gym	Aqua Body Blast	Hydro Gym	Aqua Boot Camp	
11:00 AM		Water Walking		Water Walking			
12:00 PM		Aqua Zumba **11:45 - 12:45**		Aqua Zumba **11:45 - 12:45**			
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	Aqua Circuit **5:30-6:15**		Aqua Circuit **5:30-6:15**				
6:00 PM	Stroke Devepolment		Stroke Devepolment				
7:00 PM	**6:30-7:30**	Zero Impact H20	**6:30-7:30**	Zero Impact H20		CLOSED	CLOSED
8:00 PM							
9:00 PM							
10:00 PM							
11:00 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		

Lap Lanes
Warm Water Pool
OPEN SWIM TIMES

Classes to Add at a Later Time:
Mommy and Me Aqua
Aqua Kickbox
Warm Water Yoga