

# Aquatic Group Fitness

## April – June 2019



Time	M	T	W	TH	F	SA	SUN
5:00 am			Aqua Boot Camp				
8:00 am	Hydro Fit		Hydro Fit		Hydro Fit	Hydro Power 8:05 am	
9:30 am		Adaptive Movement		Adaptive Movement			
9:30 am	Hydro Power	Hydro Power	Hydro Power	Hydro Power	Hydro Power		
10:30 am	Adaptive Movement	Adaptive Movement	Adaptive Movement	Adaptive Movement	Adaptive Movement		
10:45 am		Aqua Freestyle		Aqua Freestyle			
11:15 am	Hydro Fit	Hydro Fit	Hydro Fit	Hydro Fit	Hydro Fit		
12:15 am	Adaptive Movement		Adaptive Movement				
11:30 am		Adaptive Movement		Adaptive movement			
4:00 pm							Hydro Fit
5:00 pm		Hydro Fit		Hydro Fit			
5:30 pm	Deep Water		Deep Water				
6:00 pm		Hydro Power		Hydro Power			

- ❖ *There will be some change in instructors over this quarter. Additional notes regarding instructors will be posted at the pool.*
- ❖ *Classes listed above are open for all Health Place members.*
- ❖ *Instructors reserve the right to remove a lap lane during class accordingly.*
- ❖ *The pool closes for thunder (15 minutes) and lightning (30 minutes).*

*Adaptive Movement is our new specialty class. It is a similar format as the Arthritis classes. Aqua Freestyle class is a 30-minute class that can be any specialty.*