

Aquatic Group Fitness July 29 – August 4 Instructor Schedule



Time	M 7/29	T 7/30	W 7/31	TH 8/1	F 8/2	SA 8/3	SUN 8/4
5:00 am			Aqua Boot Camp <i>Haley</i>				
8:00 am	Hydro Fit <i>Kate</i>	Lifeguard Daniel	Hydro Fit <i>Kate</i>	Lifeguard Daniel	Hydro Fit <i>Angie</i>	Hydro Fit 8:05 am <i>Haley</i>	
8:30 am				Hydro Flex and Stretch <i>Meg</i>			
9:30 am	Lifeguard Chris	Adaptive Movement <i>Aerobic Atlanta</i>	Lifeguard Chris	Adaptive Movement <i>Aerobic Atlanta</i>			
9:30 am	Hydro Power <i>Kate</i>	Hydro Power <i>Kate</i>	Hydro Power <i>Kate</i>	Hydro Power <i>Meg</i>	Hydro Power <i>Angie</i>		
10:30 am	Adaptive Movement <i>Maureen</i>	Adaptive Movement <i>Aerobic Atlanta</i>	Adaptive Movement <i>Kate</i>	Adaptive Movement <i>Aerobic Atlanta</i>			
10:45 am		Aqua Freestyle <i>Kate</i>		Aqua Freestyle <i>Maureen</i>			
11:15 am	Hydro Fit <i>Maureen</i>	Hydro Fit <i>Kate</i>	Hydro Fit <i>Kate</i>	Hydro Fit <i>Maureen</i>	Hydro Fit <i>Angie</i>		
12:15 am	Adaptive Movement <i>Maureen</i>		Adaptive Movement <i>Kate</i>				
11:30 am		Adaptive Movement <i>Aerobic Atlanta</i>		Adaptive Movement <i>Aerobic Atlanta</i>			
4:00 pm							Hydro Fit <i>Aerobic Atlanta</i>
5:00 pm		Hydro Fit <i>Aerobic Atlanta</i>		Hydro Fit <i>Michelle</i>			
5:30 pm	Deep Water <i>Aerobic Atlanta</i>		Deep Water <i>Aerobic Atlanta</i>				
6:00 pm		Hydro Power <i>Aerobic Atlanta</i>		Hydro Power <i>Michelle</i>			