

# Aquatic Group Fitness August 19 – August 25 Instructor Schedule



Time	M 8/19	T 8/20	W 8/21	TH 8/22	F 8/23	SA 8/24	SUN 8/25
5:00 am			Aqua Boot Camp <b>CANCELED</b>				
8:00 am	Hydro Fit <i>Kate</i>	<b>Lifeguard Daniel</b>	Hydro Fit <i>Kate</i>	<b>Lifeguard Daniel</b>	Hydro Fit <i>Angie</i>	Hydro Fit 8:05 am <i>Kate</i>	
8:30 am				Hydro Flex and Stretch <i>Meg</i>			
9:30 am	<b>Lifeguard Chris</b>	Adaptive Movement <i>Danielle</i>	<b>Lifeguard Chris</b>	Adaptive Movement <i>Danielle</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>Danielle</i>	Adaptive Movement <i>Kate</i>	Adaptive Movement <i>Danielle</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>Danielle</i>		Adaptive Movement <i>Danielle</i>			
4:00 pm							Hydro Fit Aerobic <i>Atlanta</i>
5:00 pm		Hydro Fit <i>Michelle</i>		Hydro Fit <i>Michelle</i>			
5:30 pm	Deep Water Aerobic <i>Atlanta</i>		Deep Water Aerobic <i>Atlanta</i>				
6:00 pm		Hydro Power <i>Michelle</i>		Hydro Power <i>Michelle</i>			