

Aquatic Group Fitness July – September 2019



Time	M	T	W	TH	F	SA	SUN
5:00 am			Aqua Boot Camp Haley				
8:00 am	Hydro Fit Kate		Hydro Fit Kate		Hydro Fit Angie	Hydro Power 8:05 am Haley	
8:30 am				Hydro Flex n Fit Meg			
9:30 am		Adaptive Movement Danielle		Adaptive Movement Danielle			
9:30 am	Hydro Power Kate	Hydro Power Kate	Hydro Power Kate	Hydro Power Meg	Hydro Power Angie		
10:30 am	Adaptive Movement Maureen	Adaptive Movement Danielle	Adaptive Movement Kate	Adaptive Movement Danielle			
10:45 am		Aqua Freestyle Kate		Aqua Freestyle Maureen			
11:15 am	Hydro Fit Maureen	Hydro Fit Kate	Hydro Fit Kate	Hydro Fit Maureen	Hydro Fit Angie		
12:15 am	Adaptive Movement Maureen		Adaptive Movement Kate				
11:30 am		Adaptive Movement Danielle		Adaptive movement Danielle			
4:00 pm							Hydro Fit Jessica
5:00 pm		Hydro Fit TBD		Hydro Fit TBD			
5:30 pm	Deep Water TBD		Deep Water TBD				
6:00 pm		Hydro Power TBD		Hydro Power TBD			

TBD = The regular instructor for that class is TO BE DETERMINED
Instructors are still subject to change.
Thank you for your patience during this transition.