



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Drop-In Water Fitness Class Schedule

December				
Monday	Tuesday	Wednesday	Thursday	Friday
	Deep Aqua Fit 8:30-9:25am		Deep Aqua Fit 8:30-9:25am	<p>NOTES:</p> <p><u>POOL CLOSED</u> December 17-22</p> <p><u>No classes</u> December 24-26 December 31st January 1st</p> <p>Aqua Boot camp Coming soon!!</p> <p>Class descriptions on back</p>
		Splash B.A.M. 10:00-10:55AM	Aqua Kickboxing 10:00-10:55AM	
Cardio Splash 11:00-11:55am		Cardio Splash 11:00-11:55am		
Arthritis Foundation 1:00-1:55pm		Arthritis Foundation 1:00-1:55pm		
			Deep Aqua fit 7:00-7:55	