



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Drop-In Water Fitness Class Schedule

January				
Monday	Tuesday	Wednesday	Thursday	Friday
	Deep Aqua Fit 8:30-9:25am		Deep Aqua Fit 8:30-9:25am	Aqua Boot Camp 8:30-9:25
		Splash B.A.M. 10:00-10:55AM	Aqua Kickboxing 10:00-10:55AM	More classes coming soon <u>Stay tuned!</u>
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	
				Class descriptions on back