



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Drop-In Water Fitness Class Schedule

August				
Monday	Tuesday	Wednesday	Thursday	Friday
	Deep Aqua Fit 8:30-9:25am		Game Day 8:30-9:25am	
		Splash BAM 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				
	Cardio Splash 7:00-7:55pm			
				Class descriptions on back