



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## Drop-In Water Fitness Class Schedule

| October                             |                              |                                     |                                  |  |
|-------------------------------------|------------------------------|-------------------------------------|----------------------------------|--|
| Monday                              | Tuesday                      | Wednesday                           | Thursday                         | Friday   |
|                                     |                              |                                     |                                  | <p><b>NOTES:</b><br/>           No evening classes<br/>           October 10th<br/>           October 15th<br/>           October 17th<br/>           October 22nd<br/>           October 31st<br/> <i>SUBJECT TO CHANGE</i></p> <p>Class descriptions on back</p> |
|                                     | Deep Aqua Fit<br>8:30-9:25am |                                     | Game Day<br>8:30-9:25am          |  |
|                                     |                              | Splash BAM<br>10:00-10:55AM         | Aqua Kickboxing<br>10:00-10:55AM |  |
| Cardio Splash<br>11:00-11:55am      |                              | Cardio Splash<br>11:00-11:55am      |                                  |  |
|                                     |                              |                                     |                                  |  |
| Arthritis Foundation<br>1:00-1:55pm |                              | Arthritis Foundation<br>1:00-1:55pm |                                  |  |
|                                     |                              |                                     |                                  |  |
|                                     | Cardio Splash<br>7:00-7:55pm |                                     | Deep Aqua<br>7:00-7:55           |  |