

All Aqua Fitness Classes run April 28 - June 14, 2008

No registration is required for comp classes. Classes will be filled on a first come basis.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am - 9:30am	SWIM TRAINING <i>(10x Punch Card / \$25)</i> NM \$35	50 PLUS SWIMMING <i>(Complimentary)</i>	SWIM TRAINING <i>(10x Punch Card / \$25)</i> NM \$35	50 PLUS SWIMMING <i>(Complimentary)</i>	PRIVATE COACHED SWIM <i>(\$35/hour by Appt)</i> NM \$50
8:30am					
9:00am	RIVER AEROBICS <i>(Complimentary)</i>	WATER AEROBICS <i>(Complimentary)</i>	AQUA TONE <i>(Complimentary)</i>	WATER AEROBICS <i>(Complimentary)</i>	RIVER AEROBICS <i>(Complimentary)</i>
9:30am	DEEP WATER <i>(Complimentary)</i>				DEEP WATER <i>(Complimentary)</i>
10:00am		AF (ARTHRITIS/ FIBROMYALGIA) <i>(Complimentary)</i>	DEEP WATER TONE <i>(Complimentary)</i>	AF (ARTHRITIS/ FIBROMYALGIA) <i>(Complimentary)</i>	
Aqua Personal Training Sessions available at \$35/hour by appointment. NM \$50 Private Swimming Lessons for Adults (Members Only), available upon request. (\$15/ half hour)					
5:00pm		DEEP WATER <i>(Complimentary)</i>			
5:30pm				STRESS BUSTER AQUA <i>(Complimentary)</i>	
6:00pm		AQUA TONE <i>(complimentary)</i>			
6:30pm				DEEP WATER <i>(Complimentary)</i>	

This schedule includes classes which are COMPLIMENTARY with your membership and classes which are specialized. All specialized classes have a Member (M) and Non-Member (NM) fee associated with them require registration.

basis.