

All Aqua Fitness Classes run June 22 -August 14

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am - 9:00am	SWIM TRAINING <i>(10x Punch Card / \$25)</i> NM \$35		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		WATER AEROBICS <i>(Complimentary)</i>		WATER AEROBICS <i>(Complimentary)</i>	
9:00am	RIVER AEROBICS <i>(Complimentary)</i>		AQUA TONE 9:15A <i>(Complimentary)</i>		RIVER AEROBICS <i>(Complimentary)</i>
10:00am	DEEP WATER <i>(Complimentary)</i>	AF (ARTHRITIS/ FIBROMYALGIA) <i>(Complimentary)</i>		AF (ARTHRITIS/ FIBROMYALGIA) <i>(Complimentary)</i>	DEEP WATER <i>(Complimentary)</i>
10:15am			DEEP WATER <i>(Complimentary)</i>		
	Aqua Personal Training Sessions available at \$35/hour by appointment. NM \$50 Private Swimming Lessons for Adults (Members Only), by appointment only (\$15/ half hour)				
4:45 PM					
5:30 PM	River Aerobics <i>(Complimentary)</i>	AQUACOMBO <i>(Complimentary)</i>	River Aerobics <i>(Complimentary)</i>	AQUACOMBO <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.

NO CLASS ON FRIDAY, JULY 3RD,2009

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