

SPORTFIT Aquatic Exercise Schedule

Effective Date: 05/20/2025

MON	TUE	WED	THU	FRI	SAT	SUN
AQUA ARTHRITIS 8:30-9:15AM LISA				AQUA ARTHRITIS 8:30-9:15AM ALLIE	AQUA BOOTCAMP 9:45-10:30AM ALLIE	AQUA ARTHRITIS 10:30-11:15AM LINDA
DEEP WATER 9:30-10:15AM LISA	WATER WALKING 9:00 - 9:45AM CINDI	TOTAL WATER 10:00-10:45AM ALLIE		AQUA ZUMBA 9:30-10:15AM CINDI	MOVING N GROOVING H2O 10:45-11:30AM MICHELLE	
TOTAL WATER 10:30-11:15AM LISA	TOTAL WATER 10:00 -10:45AM CINDI	AQUA YOGA 11:00-11:45AM LAURA	DEEP WATER 11:30-12:15AM ALLIE	DEEP WATER 10:30-11:15AM ALLIE		
			TOTAL WATER 12:30-1:15PM NELLIE			
			AQUA PILATES 5:15-6:00PM LINDA			
	AQUA ARTHRITIS 6:30-7:15PM TANDRA	AQUA BOOTCAMP 7:00 -7:45PM TANDRA	AQUA ARTHRITIS 6:00-6:45PM LINDA			
	DEEP WATER 7:20-8:05PM TANDRA					

