SPORTFIT Aquatic Exercise Schedule

Effective Date: 06/02/2026

MON	TUE	WED	THU	FRI	SAT	SUN
AQUA ARTHRITIS 8:30-9:15AM LISA				AQUA ARTHRITIS 8:30-9:15AM KAREN	AQUA BOOTCAMP 9:45-10:30AM KAREN	AQUA ARTHRITIS 10:00-10:45AM LINDA
DEEP WATER 9:30-10:15AM LISA	WATER WALKING 9:00 - 9:45AM CINDI	TOTAL WATER 10:00-10:45AM KRISTEN		AQUA ZUMBA 9:30-10:15AM CINDI	AQUA ZUMBA 10:45-11:30AM JEWELL	AQUA STRETCH 10:45-11:30AM LINDA
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 REBECCA	DEEP WATER 10:30-11:15AM KAREN		
			TOTAL WATER 12:30-1:15PM JEWELL			
			AQUA PILATES 5:15-6:00PM LINDA			
			AQUA ARTHRITIS 6:00-6:45PM LINDA			
	AQUA ARTHRITIS 6:30-7:15PM TANDRA					

Updated 06/02/2026