SPORTFIT Aquatic Exercise Schedule

Effective Date: 11/01/2026

MON	TUE	WED	THU	FRI	SAT	SUN
AQUA ARTHRITIS 8:30-9:15AM TYRONE				AQUA ARTHRITIS 8:30-9:15AM TANDRA	AQUA BOOTCAMP 9:45-10:30AM REBECCA	AQUA ARTHRITIS 10:00-10:45AM LINDA
DEEP WATER 9:30-10:15AM TYRONE	WATER WALKING 9:00 - 9:45AM KRISTEN	TOTAL WATER 10:00-10:45AM KRISTEN		TOTAL WATER 9:30-10:15AM TANDRA	AQUA ZUMBA 10:45-11:30AM JEWELL	AQUA STRETCH 10:45-11:30AM LINDA
AQUA BOOT CAMP 10:30-11:15AM TYRONE	AQUA ZUMBA 10:00 -10:45AM EVERETTE	AQUA YOGA 11:00-11:45AM KRISTEN	DEEP WATER 11:30-12:15AM TYRONE	DEEP WATER 10:30-11:15AM TANDRA		
			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 11/01/2026