

Aquatic Group Exercise Schedule

Monday's

- 8:30-9:30 - Arthritic Aquafit
- 9:30-10:30 - Arthritic Aquafit
- 10:30-11:00 - Senior Social
- 11:00-12:00 - Aqua Dance

Tuesday's

- 8:30-9:30 - Forever Fit
- 9:30-10:30 - Aqua Dance
- 10:30-11:30 - Water Aerobics
- 11:30-12:30 - Senior Social

Wednesday's

- 8:30-9:30 - Arthritic Aquafit
- 9:30-10:30 - Arthritic Aquafit
- 11:30-12:30 - Aqua Tabata
- 3:30-4:30 - Aqua Dance

Thursday's

- 8:30-9:30 - Forever Fit
- 9:30-10:30 - Forever Fit
- 10:30-11:30 - Water Aerobics
- 11:30-12:30 - Senior Social
- 12:30-1:30 - Aqua Dance

Friday's

- 8:30-9:30 - Arthritic Aquafit
- 9:30-10:30 - Arthritic Aquafit