

Spring 2020 Aqua Aerobics/Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Aerobics <i>Competition</i> 9:30-10:30am <i>Lena</i>	Silver Sneakers Silver Splash <i>Original</i> 8:30-9:15am <i>Chantal</i>	Aqua Aerobics <i>Competition</i> 9:30-10:30am <i>Melanie</i>	Aqua Intervals <i>Competition</i> 9:30-10:30am <i>Marylou</i>	Silver Sneakers Silver Splash <i>Original</i> 8:15-9:00am <i>Chantal</i>		Hydro Running <i>Original</i> 8:00-9:00am <i>Patti</i>
Water Workout/ Arthritis Exercise <i>Original</i> 2:15-3:15pm <i>Anne</i>	Water Fitness <i>Competition</i> 9:30-10:30am <i>Sandra/Marylou</i>	Water Workout <i>Original</i> 10:45-11:30am <i>Anne/Denise</i>	Tabata H2O <i>Competition</i> 10:30-11:15am <i>Marylou</i>	Aqua Intervals <i>Original</i> 9:00-10:00am <i>Chantal</i>		
Total Body Aqua <i>Original</i> 7:00-8:00pm <i>Leasha</i>	Tabata H2O <i>Competition</i> 10:30-11:15am <i>Marylou</i>	Liquid Z <i>Original</i> 7:00-8:00pm <i>Melanie</i>	Arthritis Exercise <i>Original</i> 10:00-10:45am <i>Lena</i>	Liquid Z <i>Competition</i> 9:30-10:30am <i>Mel</i>		
	Water Workout <i>Original</i> 10:45-11:30am <i>Anne/Denise</i>		Water Workout <i>Original</i> 10:45-11:30am <i>Denise</i>	Aqua Barre <i>Competition</i> 10:30-11:30am <i>Mel</i>		
	Aqua Intervals <i>Original</i> 7:00-8:00pm <i>Patti</i>		Aqua HIIT <i>Original</i> 7:00-8:00pm <i>Patti</i>	Yoqua <i>Original</i> 6:00-7:00pm <i>Leasha</i>		

