

# **GREENKNOLL WATER AEROBICS SCHEDULE**

## **June 27th to August 22**

| <b>Main Pool</b> **subject to change without notice**    |                                    |  |                                    |               |
|--|------------------------------------|--|------------------------------------|---------------|
| <b>Monday</b>  | <b>Tuesday</b>                     | <b>Wednesday</b>                           | <b>Thursday</b>                    | <b>Friday</b> |
|  | Deep & Shallow 9-9:45 am<br>Susi   |  | Deep & Shallow 9-9:45 am<br>Susi   |               |
| Cardio & Strength 11-11:45pm<br>Maria                    | Deep & Shallow 10-10:45 am<br>Susi | Cardio & Strength 11-11:45pm<br>Randi      | Deep & Shallow 10-10:45 am<br>Susi |               |
| Power Workout 6:00-6:45pm<br>Cathi                       |                                    | Power Workout 6:00-6:45pm<br>Cathi         |                                    |               |
|  |                                    |  |                                    |               |
| <b>Therapy Pool</b> **subject to change without notice** |                                    |  |                                    |               |
| <b>Monday</b>  | <b>Tuesday</b>                     | <b>Wednesday</b>                           | <b>Thursday</b>                    | <b>Friday</b> |
|  |                                    |  |                                    |               |
| Toning & Flexibility 10 -10:45 am<br>Linda               | Water Yoga 6-645pm Aimee           | Toning & Flexibility 10 -10:45 am<br>Randi |                                    |               |

Cost per week: \$5, 2 classes per week

Registration is required. Classes fill up quickly.