

AQUATIC FITNESS SCHEDULE

FALL 2023: SEPTEMBER 10 - DECEMBER 16

	DIVE WELL	SHALLOW END	WARM WATER POOL
SU	8:30-9:20am Deep Intervals w/Teresa 9:30-10:20am Deep Water w/Teresa		
MON	7:00-7:50am Deep Cardio HIIT w/Teresa 10:30-11:20am Deep Water HIIT w/Carolyn	9:30-10:20am Shallow Water w/Carolyn	11:00-11:45am Ai Chi w/Geralyn 12:00-12:45pm Arthritis w/Geralyn
TUE	7:00-7:50pm Wakeup Blend w/CiCi 8:00-8:50pm Tahoe Chillout w/CiCi 9:00-9:50am Deep Water w/Teresa	10:00-10:50am Aqua Cardio Kickboxing w/Teresa	11:00-11:45am Arthritis w/Teresa
WED	7:00-7:50am Deep Cardio HIIT w/Teresa 10:00-10:50am Deep Water w/Geralyn 12:00-12:50pm Express Lunch w/CiCi 1:00-1:50pm AquaFit Sports w/CiCi		11:15am-12:00pm Arthritis w/Geralyn 2:00-2:50pm AquaFit Tech w/CiCi 6:00-6:45pm PiYoChi w/Geralyn
THU	8:30-9:20am Deep Water HIIT w/Carolyn	9:30-10:20am Aqua Cardio Blast w/Carolyn	10:30-11:15am Arthritis w/Carolyn 12:15-1:00pm Ai Chi w/Geralyn
FRI	7:00-7:50am Deep Cardio HIIT w/Geralyn 9:00-9:50am Deep Water w/Teresa 11:00-11:50am Deep Water w/Geralyn	10:00-10:50am Shallow Water w/Geralyn 5:30-6:20pm Funky Groove w/CiCi 6:45-7:35pm Happy Hour w/CiCi	



Check out the new
Fitness Pass!