

WATER FITNESS SCHEDULE

WINTER 2024: JANUARY 2 - MARCH 9



	DIVE WELL	SHALLOW END	WARM WATER POOL
SU	8:30-9:20am S'WET™ Deep w/Teresa		
	9:30-10:20am Deep Boot Camp w/Teresa		
	10:30-11:45am Paddleboard Yoga w/Amber		
MON	7:00-7:50am S'WET™ Deep w/Teresa	9:00-9:50am Aqua Cardio Blast w/Carolyn	11:00-11:45am Ai Chi w/Geralyn
	10:00-10:50am Deep Cardio HIIT w/Carolyn		12:00-12:45pm Arthritis w/Geralyn
TUE	9:00-9:50am Deep Cardio HIIT w/Teresa	10:00-10:50am Shallow Cardio HIIT w/Teresa	11:00-11:45am Arthritis w/Teresa
WED	7:00-7:50am S'WET™ Deep w/Teresa		11:15am-12:00pm Arthritis w/Geralyn
	10:00-10:50am Deep Water w/Geralyn		12:00-12:50pm AquaFit Tech w/CiCi
	1:10-2:00pm AquaFit Sports w/CiCi		6:00-6:45pm PiYoChi w/Geralyn
THU	9:00-9:50am Deep Cardio HIIT w/Carolyn	10:00-10:50am Aqua Cardio Blast w/Carolyn	11:00-11:45am 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 Cardio HIIT w/Teresa	10:00-10:50am Shallow Water w/Geralyn	12:00-12:45pm Arthritis w/Geralyn
	11:00-11:50am Deep Water w/Geralyn		



**BEEDE
CENTER**
swim + fitness