WATER AEROBICS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:45 AM						**AQUA JOG** Instructor: ***Diana*** **Adult open shallow end*	
9:00-10:00 AM	**AQUA TONE 9:15** Instructor: ***Diana*** **Adult open shallow end*	**AQUA TONE** Instructor: ***Pat***	**AQUA TONE** Instructor: ***Diana*** **Adult open shallow end*	**AQUA JOG** Instructor: ***Diana***	**AQUA TONE** Instructor: ***Lisa*** **Adult open shallow end*		
10:00-11:00 AM	**AQUA JOG 10:15** Instructor: ***Diana*** _____ **AQUA ARTHRITIS/ THERAPY 10:15** Instructor: ***Mary***	**AQUA JOG** Instructor: ***Pat***	**AQUA JOG** Instructor: ***Diana*** _____ **AQUA ARTHRITIS/ THERAPY 10:30-11:30** Instructor: ***Pat***		**AQUA JOG** Instructor: ***Lisa*** _____ **AQUA ARTHRITIS** Instructor: ***Mary***		
7:00-8:00 PM	**AQUA JOG** Instructor: ***Pat*** **Adult open shallow end*	**AQUA TONE** Instructor: ***Pat***		**AQUA TONE** Instructor: ***Pat***			

KEY INFO:

*Adult open time for ages 18 and over allowed in the deep end for exercise, no lap swimming.

Please refrain from