

### Water Exercise Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:45-6:30am Leisure/Lap Pools	<b>Early Energizers</b> Carrie	<b>Early Energizers</b> Sue	<b>Early Energizers</b> Carrie		<b>Early Energizers</b> Carrie
7:00-8:15am Leisure Pool		<b>Pilates Wet *Advanced</b> Bjo			
8:00-9:00am Leisure/Lap Pools	<b>H2O Transformers</b> Patti		<b>H2O Transformers</b> Patti	<b>H2O Transformers</b> Patti	
8:00-9:15am Leisure Pool					<b>Pilates Wet *Beginner</b> Bjo
9:00-9:45am Leisure Pool	<b>Silver Splash</b> Nicky	<b>Rusty Hinges</b> June	<b>Silver Splash</b> Nicky	<b>Rusty Hinges</b> June	
9:30-10:30am Leisure Pool					<b>Stroke Re-Growth</b> Bjo
9:45-10:30am Lap Pool	<b>Deep Water</b> Charles	<b>Deep Water</b> Sue	<b>Deep Water</b> Charles	<b>Deep Water</b> Sue	
11:30-1:00pm Lap Pool	<b>Master Swim</b> Beth	<b>Master Swim</b> Beth		<b>Master Swim</b> Beth	<b>Master Swim</b> Beth
5:25-6:25pm Lap Pool	<b>Aqua Power</b> Teri			<b>Aqua Power</b> Teri	

**Water Exercise Participants must be 15 years of age.**

**\*Vortex maybe used for classes depending upon instructor or class.**

**\*\*Channel closed 7:30-7:45am Tuesday and 8:30-8:45am Friday for Pilates Class.**

**SCHEDULE MAY CHANGE WITHOUT NOTICE**