

2019 Water Exercise Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:35-6:35am Leisure/Lap Pools	Early Energizers Carrie	Early Energizers Sue	Early Energizers Carrie		Early Energizers Carrie
7:00-8:15am Leisure Pool		Pilates Wet *Advanced Bjo			
8:00-9:00am Leisure/Lap Pools	H2O Transformers Patti		H2O Transformers Patti	H2O Transformers Patti	
8:00-9:15am Leisure Pool					Pilates Wet *Beginner Bjo
9:00-9:45am Leisure Pool	Silver Splash Nicky	Rusty Hinges June	Silver Splash Nicky	Rusty Hinges June	
9:15-10:15am Leisure Pool					Stroke Re-Growth Bjo
10:15-11:15am Leisure Pool					Perky Parkies Bjo
9:45-10:30am Lap Pool	Deep Water Charles	Deep Water Sue	Deep Water Charles	Deep Water Sue	
11:30-1:00pm Lap Pool	Master Swim Beth	Master Swim Beth		Master Swim Beth	Master Swim Beth
5:25-6:25pm Lap Pool	Aqua Power Teri			Aqua Power Teri	

Water Exercise Participants must be 15 years of age.

*Vortex may be 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