

Water Classes	Pool	Instructor	Monday	Tuesday	Wednesday	Thursday	Friday
Early Energizers	Leisure/ Lap	Carrie M/W/F	5:30-6:30am	5:30-6:30am	5:30-6:30am		5:30-6:30am
		Sue - T					
H2O-X	Leisure/ Lap	Deb - M/W	7:00-8:00am		7:00-8:00am		
Pilates Stretch/ Pilates Wet	Leisure	Bjo - T/F	Advanced	7:00-8:00am**			7:00-8:00am**
			Beginner	8:00-9:00am			
H2O Transformers	Lap	Patti - M/W/Th	8:30-9:30am		8:30-9:30am	8:30-9:30am	
Rusty Hinges	Leisure	Si - M/W/F	9:30-10:15am		9:30-10:15am		9:30-10:15am
Stroke Re-Growth	Leisure	Bjo - Th				9:00-10:30am	
Deep Water Energized	Lap	Mary - M/W	9:45-10:30am	9:45-10:30am	9:45-10:30am	9:45-10:30am	
		Sue - T/Th					
Silver Splash	Leisure	Nicky - M/W	10:30-11:15am		10:30-11:15am		
Master Swim	Lap	Beth - M/T/Th/F	11:30-1:00pm	11:30-1:00pm		11:30-1:00pm	11:30-1:00pm
Parkinson's Wellness Recovery in Water	Leisure	Bjo - F					11:00am-1:00pm
Aqua Power	Lap	Teri- M/TH	5:30-6:30pm			5:30-6:30pm	
Water/Land Exercise participants must be 15 years of age.***CLASSES SUBJECT TO CHANGE***							
**Channel close from 7:30-7:45am for Pilates on Tuesday and Friday.							Updated 1/1/16