



Adult Water Exercise Schedule

Registration required, no walk-ins. All participants need to arrive ready to enter pool and exit pool.

Monday

8:45am- 9:30am Deep Water Fitness (competition pool) - Kay
Max participants 10

Tuesday

7:45am-8:30am Shallow Water Fitness- Mary Kay
Max participants 10

8:45am- 9:30am Deep Water Fitness (competition pool) - Kay
Max participants 10

Wednesday

7:45am-8:30am Shallow Water Fitness- Mary Kay
Max participants 10

8:45am- 9:30am Deep Water Fitness (competition pool) - Kay
Max participants 10

9:45am- 10:30am Aqua Zumba - Aline
Max participants 10

Thursday

8:45am- 9:30am Deep Water Fitness (competition pool) - Kay
Max participants 10

Friday

8:45am- 9:30am Deep Water Fitness (competition pool) - Kay
Max participants 10