



Adult Water Exercise Schedule November

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

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

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

***Pre-registration required.**