



## Adult Water Exercise Schedule January

### 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.**