



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Water Fitness Winter Schedule

Day	Mon	Tue	Wed	Thurs	Fri	Sat
8:30 am	Water Aerobics		Water Aerobics		Water Aerobics	
8:30 am		Water Aerobics		Water Aerobics		
9 am	Deep Water Aerobics		Deep Water Aerobics		Deep Water Aerobics	
9:15 am	Easy Water Fitness Plus		Easy Water Fitness Plus		Easy Water Fitness Plus	
10 am	Aqua Jogging				Aqua Jogging	
11:00 am	Easy Water Fitness			Easy Water Fitness		
6:00 pm	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics		
6:45 pm	Water Aerobics		Water Aerobics			