



**Aquatic Group Exercise
Water Fitness Class Schedule
Winter ~ Series 2
11/30/2009 – 03/07/2010**

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Deep Water Workout <i>Aloupis</i>		Deep Water Workout <i>Aloupis</i>		Deep Water Workout <i>Aloupis</i>
7:15am	Senior Aqua Fit <i>Means</i>		Senior Aqua Fit <i>Means</i>		Senior Aqua Fit <i>Means</i>
8:00am	Therapeutic Aqua Jog <i>Means</i>		Therapeutic Aqua Jog <i>Means</i>		Therapeutic Aqua Jog <i>Means</i>
8:20am		Aqua Yoga <i>Means</i> (40 minute class)		Aqua Yoga <i>Means</i> (40 minute class)	
8:30am	Deep Water Workout <i>Aloupis</i>		Deep Water Workout <i>Aloupis</i>		Deep Water Workout <i>Aloupis</i>
11:00am		Joint Ventures <i>Means</i>		Joint Ventures <i>Means</i>	
12:00noon	Aqua Burn <i>Aloupis</i>	Hi Lo H₂O <i>Means</i>		Cardio Core <i>Means</i>	
5:30pm	Aqua Aerobics <i>Means</i> Deep Water Workout <i>Means</i>		Aqua Aerobics <i>Means</i> Deep Water Workout <i>Means</i>		
5:45pm		Hi Lo H₂O <i>Means</i>		Hi Lo H₂O <i>Means</i>	
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