

SCHOOL YEAR EXERCISE SCHEDULE

Times	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 – 6:30 AM		<u>Water Aerobics</u> Activity Pool		<u>Deep Water</u> Competition Pool	
9:00-10:00 AM	<u>Water Aerobics</u> Activity Pool	<u>Aqua Zumba</u> Activity Pool	<u>Water Aerobics</u> Activity Pool	<u>Water Aerobics</u> Activity Pool	<u>Aqua Zumba</u> Activity Pool
	<u>Deep Water</u> Competition Pool	<u>Floga Fit</u> <u>Deep Water</u> Competition Pool	<u>Deep Water</u> Competition Pool	<u>Boga Mats</u> <u>Ladies' Swim Class</u> Competition Pool	<u>Deep Water</u> Competition Pool
10:30 - 11:30 AM		<u>Rusty Joints</u> Therapy Pool		<u>Rusty Joints</u> Therapy Pool	<u>Rusty Joints</u> Therapy Pool
6:45-7:45 PM		<u>Water Aerobics</u> Activity pool		<u>Deep Water</u> Competition Pool	