

Adult Aquatic Class Schedule

Free for Members. Non-Member Fee covers one class per week during a 10 week program session.

Class	Mon	Tue	Wed	Thur	Fri	Non-member Fee
Ai-Chi (Easy level)		8:30-9:00am		8:30-9:00 am		T,Th, \$47.50
Ai-Chi Adv. (easy level)	8:15-9:00am		8:15-9:00am		8:15-9:00am	M, \$42.75 W, F, \$47.40
Active Older Adult (Intermediate level)	9:00-10:00am		9:00-10:00am		9:00-10:00am	M, \$72.00 W,F, \$80.00
Aqua Fitness (Intermediate / Hard level)				7:00-8:00pm		\$80.00
Deep Water Exercise (Hard level)	10:00-11:00am		10:00-11:00am 7:00-8:00pm		10:00-11:00am	M, \$72.00 W, F, \$80.00
Pre-Natal Aqua Fitness (Intermediate level)		10:00-11:00am				\$80.00
Just Running (Very Hard level)		9:00-10:00am 8:00-9:00pm		6:00-7:00am 9:00-10:00am 8:00-9:00pm		\$80.00
Shallow Water Arthritis (Easy level)	11:00-11:45am	9:00-10:00am	11:00-11:45am	9:00-10:00am	9:00-10:00am 11:00-11:45am	M, \$42.75 T, W, Th,F, \$47.50
Deep Water Arthritis (Intermediate level)		11:00-11:45am 7:00-8:00pm		11:00-11:45am	11:00-11:45am	T, Th, F, \$47.50
Adult Lessons					6:30-7:15pm	Members Only
Senior Adult Beginner Lessons				10:00-10:30am		\$47.50
Senior Adult Intermediate Lessons				10:30-11:00am		\$47.50

No class May 24, 25, 26