

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am Masters Swimming <i>Jim</i>	6:00-7:00am Masters Swimming <i>Diane</i>	6:00-7:00am Masters Swimming <i>Diane</i>	6:00-7:00am Masters Swimming <i>Rotating</i>	6:00-7:00am Masters Swimming <i>Jim</i>	8:00-9:00am Masters Swimming <i>Jim</i>	
9:15-10:15am Aqua Fit 2 <i>Theresa</i>	9:15-10:15am Deep Aqua Intervals <i>Theresa</i>	9:15-10:15am Aqua Fit 2 <i>Theresa</i>	9:15-10:15am Deep Aqua Intervals <i>Marilyn</i>	9:15-10:15am H.E.A.T. Waves <i>Chris</i> <i>meets every other week</i>	9:15-10:15am Aqua Fit 1 <i>Kelly F.</i>	9:00-10:30am Masters Swimming <i>Rotating</i>
10:15-11:15am Aqua Fit 1 <i>Mary</i>	10:15-11:15am Aqua Fit I <i>Jane</i>	10:15-11:15am Aqua Fit 1 <i>Mary</i>	10:15-11:15am Aqua Fit I <i>Jane</i>	9:15-10:15am D.E.E.P. Waves <i>Chris</i> <i>meets every other week</i>		NEW 9:15-10:15am Aqua Fit 2 <i>Shannon</i>
				10:15-11:15am Aqua Intervals <i>Kellie K.</i>		
6:05-7:05pm Aqua Fit 2 <i>Marilyn</i>	6:05-7:05pm H.E.A.T. Waves <i>Chris</i>	6:05-7:05pm Aqua Fit 2 <i>Shannon</i>	NEW 4:30-5:30pm Aqua Intervals <i>Judy</i>			
7:00-8:15pm Masters Swimming <i>Jay</i>	7:00-8:15pm Masters Swimming <i>Rotating</i>	7:00-8:15pm Masters Swimming <i>Jim</i>	7:00-8:15pm Masters Swimming <i>Rotating</i>		<div style="border: 1px solid black; padding: 5px; display: flex; align-items: center;"> <div style="width: 20px; height: 10px; background-color: #d3d3d3; margin-right: 5px;"></div> Ideal for beginners! </div>	

Aquatics Group Exercise Class Descriptions

Aqua Fit 1 This class is designed with all levels in mind and features cardiovascular strength and flexibility exercises.

Aqua Fit 2 This class is designed for intermediate to advanced levels and features cardiovascular strength and flexibility exercises.

Aqua Intervals This class has intervals of cardio and weight training in shallow water. All levels welcome.

Deep Aqua Intervals This class offers cardiovascular conditioning that includes interval training. Flotation belts are used and are provided.

H.E.A.T. Waves/ D.E.E.P Waves High energy aquatic training in the water. This high energy class is a great whole body workout! Alternates between deep and shallow each week. Intermediate to advanced levels.

Masters Swimming This class is geared toward all aquatic abilities including basic swimming skills to the experienced competitor (swimming or triathlon). Cardio fitness intervals and instruction are presented to all participants by an on-deck coach who directs your workout while instructing in stroke technique.