

February Water Fitness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Kelly 8:30-9:15am	2 Cam 8:30-9:15am Edie 11:00-11:45am Cam 7:30-8:15pm	3 Kelly 8:30-9:15am	4
5	6 Helena 8:30-9:15am	7 Cam 8:30-9:15am Edie 11:00-11:45am Cam 7:30-8:15pm	8 Kelly 8:30-9:15am	9 Sharron 8:30-9:00am Edie 11:00-11:45am Cam 7:30-8:15pm	10 Kelly 8:30-9:15am	11
12	13 Helena 8:30-9:15am	14 Cam 8:30-9:15am Edie 11:00-11:45am Cam 7:30-8:15pm	15 Kelly 8:30-9:15am	16 Sharron 8:30-9:00am Edie 11:00-11:45am Cam 7:30-8:15pm	17 Kelly 8:30-9:15am	18
19	20 Helena 8:30-9:15am	21 Cam 8:30-9:15am Edie 11:00-11:45am Cam 7:30-8:15pm	22 Kelly 8:30-9:15am	23 Sharron 8:30-9:00am Edie 11:00-11:45am Cam 7:30-8:15pm	24 Kelly 8:30-9:15am	25
26	27 Helena 8:30-9:15am	28 Cam 8:30-9:15am Edie 11:00-11:45am Cam 7:30-8:15pm				

AquaFit Self-Directed Class

Join in as a group or use the open pool space and equipment to perform exercises at your own pace. **In the event an instructor cannot attend, the time will be a self-directed class. See pool staff.**

AquaFit Instructed Class

Follow high intensity moves in a low-impact environment. These classes follow an instructor.

Express AquaFit

Compact 30 minute AquaFit workout with dynamic deep water exercises with deep stretching at the end.

Deep Water Running

Increase your heart rate with some deep water running drills. Focus on endurance and balance utilizing an aqua-belt.

BOGA

Fitness on the water with a BOGA Board. Strengthen your balance and your core. **10 spots! Register at 8:00am the day of class to reserve a spot.**