



# Water Fitness Class Schedule June 2020

Monday 8:00 a.m. Aqua Stretch  
8:30 a.m. Water Fit  
5:30 p.m. Water Fit

**Aqua Stretch**- Shallow water stretching with focus on strength and balance. (30 minutes)

Tuesday 8:30 a.m. Water Fit  
5:30 p.m. Water Fit

**Water Fit**- Mid to high intensity aerobics done through a combination of deep and shallow water exercise. (1 hour)

Wednesday 8:00 a.m. Aqua Stretch  
8:30 a.m. Water Fit

**Aqua Dance**- A pool party you don't want to miss! A low-impact, high-energy shallow water class for all fitness levels. (1 hour)

Thursday 8:30 a.m. Water Fit  
5:30 p.m. Water Fit

Friday 8:30 a.m. Aqua Dance

Saturday 8:45 a.m. Water Fit

