| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Small Pool | LG Pool | Small Pool | Large Pool | Small Pool | LG Pool | Small Pool | Large Pool | Small Pool | LG Pool | Small Pool | LG Pool |
| | | | | | | | | | | | |
| | | | | | | | | | | | Hydrobike 8:00am |
| | Deep H2O 9:00am | | Deep H2O 9:00am | | Deep H20 9:00am | | Deep H2O 9:00am | | Deep H2O 9:00am | | Deep H2O Run 9:00am |
| | Aquaticise 9:00am | | Hydrobike 9:00am | | Aquaticise 9:00am | | Hydrobike 9:00am | | Aquaticise 9:00am | | |
| Arthritis + 10:00am | MS 10:00am | | Aquaticise 10:00am | Arthritis + 10:00am | MS 10:00am | | Aquaticise 10:00am | Arthritis + 10:00am | MS 10:00am | | |
| Arthritis 11:00am | | Pilates 11:00am | | Arthritis 11:00am | | Pilates 11:00am | | Arthritis 11:00am | | | Aquaticise 11:30 am |
| | | Arthritis + 12:00pm | | | | Arthritis + 12:00pm | | | | Pilates 12:30pm | |
| | | | | | | | | | | | |
| | Aqua/Deep Combo 5:30 | | Super Circuit 4:30-5:45pm | | Aqua/Deep Combo 5:30 | | Super Circuit 4:30-5:45pm | | | | |
| Aquaticise 6:30pm | Hydrobike 5:45pm | ZUMBA 6:30 | Deep H2O 6:00pm | Aquaticise **6:30pm** | Moms 6:15pm | ZUMBA 6:30 | Deep H2O 6:00pm | | | | |
| Pilates 7:15pm | | | | | | | | | | | |

RAC Fitness Classes 45 min duration

610-606-4670