

June 11-August 18

Summer 2018 Schedule

| 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 H2O 9:00am | | Deep H2O 9:00am | | Deep H2O Run 9:15am |
| | Aquaticise 9:00am | | Hydrobike 9:00am | | Aquaticise 9:00am | | Hydrobike 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 | | Aquaticise 11:00am |
| Arthritis 11:00am | | | | Arthritis 11:00am | | | | Arthritis 11:00am | | Pilates 12:30pm | |
| | | Pilates 12:00pm | | | | Arthritis + 12:00pm | | | | <p>THREE MONTHS FROM NOW, YOU WILL THANK YOURSELF.</p> <p>ELITE DAILY</p> | |
| | Deep H2O 5:30pm | | HydroBike 5:30pm | | Deep H2O 5:30pm | | HydroBike 5:30pm | | | | |
| Aquaticise 6:30pm | | Pilates 6:30pm | | Aquaticise 6:30pm | | Aquaticise 6:30pm | | | | | |
| | | | | Moms 7:15pm | | | | | | | |

Instructors are subject to change

All fitness classes are 45 minutes long