

AUGUST WATER FITNESS CLASS SCHEDULE

MONDAY AUGUST 17TH – FRIDAY SEPTEMBER 4TH



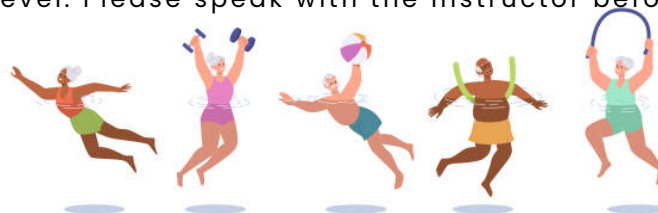
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>7:00am-8:00am</u> Cardio Core*** (Lynn) <i>OUTDOOR DIVE</i>	<u>7:00am-8:00am</u> H2O Fit **/** (Catherine) <i>OUTDOOR DIVE</i>	<u>7:00am-8:00am</u> H2O Fit ** (Catherine) <i>OUTDOOR DIVE</i>	<u>7:00am-8:00am</u> Cardio Core*** (Lynn) <i>OUTDOOR DIVE</i>	<u>7:00am-8:00am</u> H2O Fit * (Ellie) <i>OUTDOOR DIVE</i>
<u>no class offered</u>	<u>9:15am-10:15am</u> Kraken Combos *** (Michelle) <i>OUTDOOR DIVE</i>	<u>9:15am-10:15am</u> Kraken Combos *** (Michelle) <i>OUTDOOR DIVE</i>	<u>9:15am-10:15am</u> Water w/ Buoyancy*/** (Charlie) <i>OUTDOOR DIVE</i>	<u>9:15am-10:15am</u> Aqua Strong **/** (Stephanie) <i>OUTDOOR DIVE</i>
<u>10:20am-11:20am</u> Intervelocity**/** (Stephanie) <i>OUTDOOR RACE (D)</i>	<u>10:30am-11:30am</u> Hydro Fitness**/** (Michelle) <i>OUTDOOR RACE (S)</i>	<u>10:20am-11:20am</u> Get It Done!**/** (Michelle) <i>OUTDOOR RACE (D)</i>	<u>10:30am-11:30am</u> Water & Resistance* (Charlie) <i>OUTDOOR RACE (S)</i>	<u>10:20am-11:20am</u> Aqua Jam ** (Stephanie) <i>OUTDOOR RACE (S)</i>

ONE STAR * = LOW INTENSITY

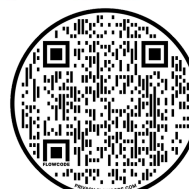
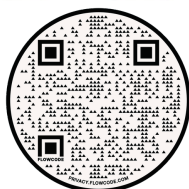
TWO STARS ** = MEDIUM INTENSITY

THREE STARS *** = HIGH INTENSITY

All classes may be modified to skill level. Please speak with the instructor before your class about any modifications



REGISTRATION REQUIRED FOR ALL CLASSES
 SCAN QR CODE WITH YOUR PHONE
 TO REGISTER ONLINE!



WANT TO KNOW WHAT'S GOING ON WITH
 WATER FITNESS? SCAN QR CODE TO JOIN
 THE MONTHLY NEWSLETTER!