

## Pool Class Schedule

### **Sunday:**

2:00pm-3:00pm – H2O Stretch & Tone with Diane

### **Monday:**

8:00am-9:00am – Continuation Water Workout with Diane

9:00am-10:00am – Low Impact Water with Sallie

4:15pm-5:15pm – Stretch & Tone with Diane

5:30pm-6:15pm – Deep Water with Elizabeth

6:15pm-7:15pm – Splash & Burn with Elizabeth

### **Tuesday:**

8:00am-9:00am – Deep Water with Diane

9:30am-10:30am – WM Water Workout with Crystal

10:30am-11:30am – Low Impact Arthritis with John W.

11:45am-12:45pm – Stretch & Tone with Diane

2:30pm-3:30pm – Low Impact Water with Ashley

5:00pm-6:00pm – Splash & Burn with Elizabeth

6:00pm-7:00pm – WM Water Workout with John H.

### **Wednesday:**

8:00am-9:00am – Continuation Water Workout with Diane

9:00am-10:00am – Low Impact Water with Diane

10:00am-11:00am – Stretch & Tone with Diane

4:30pm-5:30pm – Stretch & Tone with Diane

5:30pm-6:15pm – Deep Water with Diane

### **Thursday:**

9:30am-10:30am – WM Water Workout with Crystal

10:30am-11:30am – Stretch & Tone with Diane

11:30am-12:30pm – Low Impact Arthritis with John W.

2:30pm-3:30pm – Low Impact Water with Mary

5:30pm-6:15pm – Deep Water with Elizabeth

6:30pm-7:30pm – WM Water Workout with Mary

7:30pm-8:15pm – Pool Line Dancing with Walter

### **Friday:**

8:00am-9:00am – Deep Water with Elizabeth

9:00am-10:00am – Low Impact Water with John W.

10:00am-10:45am – Aqua Tai Chi with Jack

12:00pm-12:45pm – AquaZumba with Daniela

6:15pm-7:15pm – Splash & Burn with Elizabeth

### **Saturday:**

8:30am-9:30am – High Intensity Water with Sallie

9:30am-10:30am – Continuation Water Workout with Sallie

10:30am-11:30am – WM Water Workout with John W.

11:30am-12:30pm – Beginners Swim with John W.

12:30pm-1:30pm – Splash & Burn with Elizabeth

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