

Sunday	Monday		Tuesday	Wednesday		Thursday	Friday		Saturday
Lap	Lap	Leisure	Lap	Lap	Leisure	Lap	Lap	Leisure	Lap
<b>Aqua Fit (3)</b> 9:00 am- 9:45 am <b>Sarah</b>	<b>Aqua Fit (3)</b> 9:00 am- 9:45 am <b>Debbie</b>	<b>Yoga (1)</b> 9:00 am- 9:45 am <b>Georgie</b>	<b>Aqua Fit (3)</b> 9:00 am- 9:45 am <b>Donna</b>	<b>Aqua Fit (3)</b> 9:00 am- 9:45 am <b>Donna</b>	<b>Aqua Tone (2)</b> 9:00 am- 9:45 am <b>Sarah</b>	<b>Aqua Fit (3)</b> 9:00 am- 9:45 am <b>Donna</b>	<b>Aqua Fit (3)</b> 9:00 am- 9:45 am <b>Debbie</b>	<b>Aqua Tone (2)</b> 9:00 am- 9:45 am <b>Sarah</b>	<b>Aqua Fit (3)</b> 9:00 am- 9:45 am <b>Bobbi</b>
<b>Aqua Blast (4)</b> 10:00 am- 10:45 am <b>Sarah</b>	<b>Aqua Blast (4)</b> 10:00 am- 10:45 am <b>Debbie</b>	<b>Yoga (1)</b> 10:00 am- 10:45 am <b>Georgie</b>	<b>Aqua Fit (3)</b> 10:00 am- 10:45 am <b>Susan</b>	<b>Aqua Blast (4)</b> 10:00 am- 10:45 am <b>Sarah</b>	<b>Aqua Tone (2)</b> 10:00 am- 10:45 am <b>Shelley</b>	<b>Aqua Fit (3)</b> 10:00 am- 10:45 am <b>Susan</b>	<b>Aqua Blast (4)</b> 10:00 am- 10:45 am <b>Debbie</b>	<b>Aqua Tone (2)</b> 10:00 am- 10:45 am <b>Shelley</b>	<b>Aqua Blast (4)</b> 10:00 am- 10:45 am <b>Ann</b>
			<b>Aqua Fit (3)</b> 6:00 pm- 6:45 am <b>Bobbi</b>			<b>Aqua Fit (3)</b> 6:00 pm- 6:45 am <b>Ann</b>			
			<b>Aqua Blast (4)</b> 7:00 pm- 7:45 am <b>Debbie</b>			<b>Aqua Blast (4)</b> 7:00 pm- 7:45 am <b>Debbie</b>			

### Check the fitness intensity level!

**Aqua Yoga (Level 1)** Held in Leisure Pool (85°): Low-impact beginner in-water yoga with rhythmic breathing to increase static balance, strength, and increase flexibility

**Aquacise (Level 1)** Held in Leisure Pool (85°): Low intensity exercise program conducted in warm water to improve flexibility, mobility, range of motion, and boost stamina.

**Aqua Tone (Level 2)** Held in Leisure Pool (85°): Low to medium intensity class designed to use water resistance to increase endurance, flexibility, and tone muscles. This class is beneficial for beginners and those returning to exercise after a long period of inactivity.

**Aqua Fit (Level 3)** Held in Lap Pool (82°): Medium to high intensity shallow water exercises using water and equipment for resistance to increase cardiovascular endurance and tone muscles.

**Aqua Blast (Level 4)** Held in Lap Pool (82°): A fun challenging, medium to high-intensity water workout. This class includes explosive cardiovascular conditioning, upper and lower body toning with use of equipment finishing with a cool down.