



WATER EXERCISE SCHEDULE

2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Aerobics & Propulsion Walking	Propulsion Walking 6:00-11:15 AM Family Adventure Pool	Propulsion Walking 6:00-11:15 AM Family Adventure Pool	Propulsion Walking 6:00-11:15 AM Family Adventure Pool	Propulsion Walking 6:00-11:15 AM Family Adventure Pool	Propulsion Walking 6:00-11:15 AM Family Adventure Pool	Propulsion Walking 9:00-12:00 PM Family Adventure Pool
	Low Impact Water Aerobics 7:00-7:45 AM Family Adventure Pool		Low Impact Water Aerobics 7:00-7:45 AM Family Adventure Pool		Low Impact Water Aerobics 7:00-7:45 AM Family Adventure Pool	Deep Water High Intensity 11:00-11:50 AM Competitive Pool
	Deep Water Aqua Jog 8:00-8:45 AM Competitive Pool		Deep Water Aqua Jog 8:00-8:45 AM Competitive Pool		Deep Water Aqua Jog 8:00-8:45 AM Competitive Pool	
	Water Aerobics 9:00-9:45 AM Competitive Pool		Water Aerobics 9:00-9:45 AM Competitive Pool		Water Aerobics 9:00-9:45 AM Competitive Pool	
	Easy-Peasy on the Hips & Kneesies 10:00-10:45 AM Family Adventure Pool		Easy-Peasy on the Hips & Kneesies 10:00-10:45 AM Family Adventure Pool	Paddle Board Balance and Flow 4:30-5:00 PM Competitive Pool	Easy-Peasy on the Hips & Kneesies 10:00-10:45 AM Family Adventure Pool	
	Propulsion Walking 4:00-7:30 PM Family Adventure Pool	Propulsion Walking 4:00-6:30 PM Family Adventure Pool	Propulsion Walking 4:00-7:30 PM Family Adventure Pool	Propulsion Walking 4:00-7:30 PM Family Adventure Pool	Propulsion Walking 4:00-7:30 PM Family Adventure Pool	
	Deep Water High Intensity 5:30-6:20 PM Competitive Pool		Deep Water High Intensity 5:30-6:20 PM Competitive Pool		Paddle Board Balance and Flow 4:00-4:45 PM Competitive Pool	
	Deep Water Aqua Jog 6:30-7:15 PM Competitive Pool		Deep Water Aqua Jog 6:30-7:15 PM Competitive Pool		Paddle Board Balance and Flow 5:00-5:45 PM Competitive Pool	

NEW CLASSES!

Paddle Board Balance and Flow

Enjoy these group classes we offer!

- Low Impact Water Aerobics
- Deep Water Aqua Jog
- Water Aerobics
- Easy-Peasy on the Hips & Kneesies
- Deep Water High Intensity Water Fitness

Propulsion Walking

Members must but at least **13 years old** to participate in propulsion walking.