

# EXERCISE & ENERGIZE

## 2020 Fall Aquatic Fitness

October 31 – December 19



### Monday

- AquaBody Strong (L)  
5:15-5:45 a.m.
- Deep Water Aerobics (L)  
6:00-6:45 a.m.
- Aqua Aerobics (R)  
7:00-7:45 a.m.
- Senior Aqua (R)  
7:45-8:30 a.m.  
8:30-9:15 a.m.
- Deep Water Aerobics (L)  
9:25-10:10 a.m.
- Aqua Zumba (L)  
10:15-11:00 a.m.
- Rusty Hinges (R)  
10:45-11:30 a.m.
- Aqualates (R)  
11:00 a.m. - 12:00 p.m.
- Vortex Water Power (R)  
6:00-6:45 p.m.

### Tuesday

- Deep Water Aerobics (L)  
6:00-6:45 a.m.
- Senior Aqua Aerobics (R)  
8:30-9:15 a.m.
- Move & Stretch (R)  
10:15-11:00 a.m.
- Vortex Water Power (R)  
11:00-11:45 a.m.

### Wednesday

- AquaBody Strong (L)  
5:15-5:45 a.m.
- Deep Water Aerobics (L)  
6:00-6:45 a.m.
- Aqua Aerobics (R)  
7:00-7:45 a.m.
- Senior Aqua (R)  
7:45-8:30 a.m.  
8:30-9:15 a.m.
- Deep Water Aerobics (L)  
9:25-10:10 a.m.
- Aqua Zumba (L)  
10:15-11:00 a.m.
- Rusty Hinges (R)  
10:45-11:30 a.m.
- Aqualates (R)  
11:00 a.m. - 12:00 p.m.
- Vortex Water Power (R)  
6:00-6:45 p.m.

### Thursday

- Deep Water Aerobics (L)  
6:00-6:45 a.m.
- Senior Aqua Aerobics (R)  
8:30-9:15 a.m.
- Aqua Tai Chi (R)  
10:15-11:00 a.m.
- Vortex Water Power (R)  
11:00-11:45 a.m.
- Aqua Aerobics (R)  
6:00-6:45 p.m.

### Friday

- AquaBody Strong (L)  
5:15-5:45 a.m.
- Deep Water Aerobics (L)  
6:00-6:45 a.m.
- Aqua Aerobics (R)  
7:00-7:45 a.m.
- Senior Aqua (R)  
7:45-8:30 a.m.  
8:30-9:15 a.m.
- Deep Water Aerobics (L)  
9:25-10:10 a.m.
- Rusty Hinges (R)  
10:45-11:30 a.m.
- Aqualates (R)  
11:00 a.m. - 12:00 p.m.
- Adaptive Aerobics (R)  
4:15-5:00 p.m.

### Saturday

- AquaBody Strong (L)  
8:00 - 8:45 a.m.

### LAP POOL

- Aqua Body Strong**  
M/W/F 5:15-5:45 a.m.  
SAT 8:00-8:45 a.m.

- Deep Water Aerobics**  
M—F 6:00-6:45 a.m.  
M/W/F 9:25-10:10 a.m.

- Aqua Zumba**  
M/W 10:15-11:00 a.m.

### RECREATION POOL

- Vortex Water Power**  
T/TH 11:00-11:45 a.m.  
M/W 6:00-6:45 p.m.

- Aqua Aerobics**  
M/W/F 7:00-7:45 a.m.  
Thur 6:00-6:45 p.m.

- Aqualates**  
M/W/F 11 a.m.—noon

- Move & Stretch**  
Tue 10:15-11:00 p.m.

- Aqua Tai Chi**  
Thurs 10:15-11:00 p.m.

- Senior Aqua**  
M/W/F 7:45-8:30 a.m.  
M-F 8:30-9:15 a.m.

- Rusty Hinges**  
M/W/F 10:45-11:30 a.m.

- Adaptive Aerobics**  
Friday 4:15-5:00p.m.

**(L)=Lap Pool**  
**(R)=Rec Pool**

