

Water Fitness Schedule for April 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swing N' Sway 10 – 11 am	Water Walking 8:30 - 9:30 am	Swing N' Sway 10 – 11 am	Water Walking 8:30 - 9:30 am	Aqua Tone 10 – 11 am <i>*Postponed until Summer*</i>	Liquid Assets 9 – 10 am
Gentle Water Yoga 11 - 11:30 am	Deep Water Group Training 9:40 -10:40 am	Gentle Water Yoga 11 - 11:30 am	Deep Water Group Training 9:40 - 10:40 am	Shallow Water Group Training 11:30 - 12:30 pm	
Shallow Water Group Training 11:30- 12:30 pm	Masters Swimming 4:30 – 6 pm	Shallow Water Group Training 11:30 -12:30 pm		Water Funtastic 12:30 – 1 pm	
Water Funtastic 12:30 - 1 pm		Water Funtastic 12:30 – 1 pm	Masters Swimming 4:30 – 6 pm		
		Liquid Fit 5 – 6 pm			