

H2O Aerobics Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-6:45 AQUA ZUMBA Carla	6-6:45 AQUA ZUMBA Carla	6-6:45 AQUA ZUMBA Carla			
7-7:45 RISE and SHINE Denise	7-8 RISE and SHINE Maureen	7-7:45 RISE and SHINE Denise	7-8 RISE and SHINE Darlene	7-7:45 RISE and SHINE Denise	
9-10 SMILE N BREATHE (lap pool) Deanna AQUACISE Darlene	9-9:45 AQUACISE Maureen	9-10 SMILE N BREATHE (lap pool) Deanna AQUACISE Debbie	9-9:45 AQUACISE Nancy	9-10 SMILE N BREATHE (lap pool) Deanna AQUACISE Debbie	9-10 H2O FIT Joni
	9:45-10:30 ACTIVE for LIFE Beulah		9:45-10:30 ACTIVE for LIFE Beulah		
	1-2 AQUACISE Delilah		1-2 AQUACISE Delilah		
1:45-2:30 ACTIVE FOR LIFE Deanna		1:45-2:30 ACTIVE FOR LIFE Darlene		1:45-2:30 ACTIVE FOR LIFE Beulah	
5:30-6:15 AQUA ZUMBA Carla	5:30-6:15 WATER WORKS Jan	5:30-6:15 H2O CIRCUIT Nellie	5:30-6:15 WATER WORKS Jan		
		6:15-7 AQUA ZUMBA Carla			

Revised 2-5-2019