

FITNESS CENTER - AQUA/OUTDOOR - APRIL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM	<i>Aqua Fit</i> (Terry S.)	<i>Aqua Zumba</i> (Jackie)	<i>Aqua Fit</i> (Suzanne)	<i>Aqua Fit</i> (Sandy D.)	<i>Aqua Fit</i> (Michelle)		
10:00AM	<i>Aqua Fit</i> (Terry S.)	<i>Aqua Zumba</i> (Jackie)	<i>Aqua Fit</i> (Suzanne)	<i>Aqua Fit</i> (Sandy D.)	<i>Aqua Fit</i> (Michelle)	<i>Aqua Fit</i> (Mariah)	
11:00AM							

**If the weather is inclement, we advise you to call the front desk (907-2825) 30 minutes before class to confirm if classes are canceled. If there is thunder and/or lightning, safety laws require that everyone vacate the pool for a 30-minute "clear" period. If an Aquatic Fitness Instructor or staff member asks you to leave the pool area, please remember it's for your own safety.*

AQUA/OUTDOOR CLASS DESCRIPTIONS

Aqua Fit

A perfect combination of various aqua exercises that challenge individuals with stretching, cardio, treading, and dance, creating a fun and active environment for all.

Aqua Zumba

A moderate intensity, no impact class designed to increase cardiovascular performance, muscle strength, and stamina in deep water.