

Aquatic Fitness Schedule

Staenberg Family Complex

	TIME	CLASS
MON	9am	Aqua Flow
	11am	Aqua Fit
	6:15pm	Aqua Power Deep
TUE	9:15am	Swim Boot Camp
	11am	Aqua Fit
WED	9am	Aqua Fit
	11am	Aqua Fit
	6:15pm	Aqua Power Deep
THU	11am	Aqua Fit
FRI	9am	Aqua Flow*
	11am	Aqua Fit
SAT	8:15am	Swim Boot Camp
SUN	8:30am	Daybreak

Marilyn Fox Building

	TIME	CLASS
MON	9:30am	Wet Sweat
TUE	9am	Aqua Flow*
WED	8am	Aqua Power
THU	8am	Aqua Power
	9am	Aqua Flow*
	6:30pm	Aqua Power

* Classes are 55 minutes except Aqua Flow which is 45 minutes.