



Aquatic Center Group Fitness Schedule November 2011

Monday-Friday

Lap Swim 5:30am-10:00am

Monday

Aqua Fitness with Susy 8am-9am

Aqua Therapy with Susy 9am-10am

Tuesday

Aqua Fitness with Tanya 8am-9am

Aqua Arthritis with Tanya 9am-10am

Wednesday

Aqua Fitness with Susy 8am-9am

Aqua Arthritis with Tanya 9am-10am

Thursday

Aqua Fitness with Tanya 8am-9am

Aqua Arthritis with Tanya 9am-10am

Friday

Aqua Arthritis with Tanya 9am-10am