

THERAPY POOL: GROUP FITNESS CLASS SCHEDULE

May-August 2016
Classes held at Waverly Health Center

	Monday	Tuesday	Wednesday	Thursday	Friday
6-6:45 a.m.		Water Exercise		Water Exercise	
7-7:45 a.m.					Water Exercise
7-8 a.m.	P3		P3		
7:50-8:35 a.m.					Water Exercise
8-8:45 a.m.	Aqua Stretch		Aqua Stretch		
8:40-9:25 a.m.					P3
9-9:45 a.m.	Water Exercise	Water Exercise	Water Exercise	Water Exercise	
9:50-10:35 a.m.	Aqua Stretch		Aqua Stretch		
10:40-11:25 a.m.	Aqua Stretch		Aqua Stretch		
11-11:45 a.m.		Water Exercise		Water Exercise	
1:45-2:30 p.m.		Aqua Stretch		Aqua Stretch	
2:35-3:20 p.m.		Water Exercise		Water Exercise	
3-3:45 p.m.	Aqua Stretch		Aqua Stretch		
4-4:45 p.m.	Water Exercise		Water Exercise		
5-5:45 p.m.	Water Exercise	Water Exercise	Water Exercise	Water Exercise	
6-6:45 p.m.		Water Exercise		Water Exercise	

Classes in RED are offered on Friday

Classes in BLUE are offered Tuesday and Thursday

Classes in GREEN are offered Monday and Wednesday

P3 = Personal Party in the Pool (or open pool time)

To register call Jill at 352-8716 or Romeo at 352-8715.