



## Water Exercise Class Schedule

|                     |                 | M | T | W | Th | F |
|---------------------|-----------------|---|---|---|----|---|
| 9:00 am - 10:00 am  | Water Aerobics  | • | • |   | •  | • |
| 10:00 am - 10:30 am | Lap Swim        | • | • |   | •  | • |
| 10:30 am - 11:30 am | Water Aerobics  | • | • |   | •  | • |
| 11:45 am - 12:45 pm | Lap Swim        | • | • |   | •  | • |
| 1:00 pm - 2:00 pm   | Water Aerobics  | • | • |   | •  | • |
| 2:00 pm - 2:30 pm   | Lap Swim        | • | • |   | •  |   |
| 2:30 pm - 3:30 pm   | Noodle Aerobics | • | • |   | •  |   |
| 6:30 pm - 7:30 pm   | Water Aerobics  | • |   | • | •  |   |