# Water Fitness Schedule

**March 1st – May 2nd**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>
| 8:30-9:15 | **Aqua Blast**  
Lap Pool  
Anne | **Aqua Zumba**  
Lap Pool  
Sandy Jo | **Aqua Blast**  
Lap Pool  
Anne | **(8:45am) Aqua Blast**  
Lap Pool  
Janet | **Aqua Zumba**  
Lap Pool  
Sandy Jo | **Aqua Blast**  
Lap Pool  
Jenny | **No Arthritis and Joint Action classes**  
4/27-5/1 |
| 9:00-9:45 | **(9:15-10:15) Hydro Running**  
DeepEnd/LapPool  
Susie | **Joint Action**  
Therapy Pool  
Pam |                                     |                                   |                                  |                                  |                                  |
| 9:30-10:15| **Aqua Blast**  
Lap Pool  
Sandy K | **Deep/Shallow**  
Lap Pool  
Michele | **Deep/Shallow**  
Lap Pool  
Sandy K | **Deep/Shallow**  
Lap Pool  
Michele | **Aqua Blast**  
Lap Pool  
Kelly P. |                                  |                                  |
| 10:00-10:45| **Arthritis**  
Therapy Pool  
Anne | **Arthritis**  
Therapy Pool  
Pam | **Arthritis**  
Therapy Pool  
Anne | **Joint Action**  
Therapy Pool  
Pam | **Advanced Aqua PiYoChi**  
Therapy Pool  
Suzanne |                                  |                                  |
| 10:30-11:15| **Deep/Shallow**  
Fusion  
Lap Pool  
Sandy K |                                  |                                  |                                  |                                  |                                  |                                  |
| 11:00-11:45| **Arthritis**  
Therapy Pool  
Anne | **Arthritis**  
Therapy Pool  
Margaret | **Arthritis**  
Therapy Pool  
Anne | **Arthritis**  
(11:15-12:00)  
Therapy Pool  
Maggie | **Arthritis**  
Therapy Pool  
Margaret |                                  |                                  |
| 12:00-12:45| **Aqua Yoga**  
Therapy Pool  
Margaret | **Aqua Pi Yo Chi**  
Therapy Pool  
Margaret | **Advanced Aqua Pi Yo Chi**  
Therapy Pool  
Suzanne | **Aqua Pi Yo Chi**  
(12:05-12:50)  
Therapy Pool  
Maggie | **Aqua Pi Yo Chi**  
Therapy Pool  
Margaret |                                  |                                  |
| 4:30-5:15 | **Aqua Blast**  
Lap Pool  
Anne | **Aqua Blast**  
Lap Pool  
Anne |                                  |                                  |                                  | **Aqua Pi Yo Chi**  
Therapy Pool  
Margaret |                                  |
| 4:10-5:10 | **Hydro Running**  
DeepEnd/LapPool  
Paula |                                  |                                  |                                  |                                  |                                  |                                  |
| 6:00-6:45 | **Joint Action**  
Therapy Pool  
Anne |                                  |                                  |                                  |                                  |                                  |                                  |