

Aquatic Exercise Classes

Monday

Aqua Arthritis	9-9:45am
Silver SPLASH	10-10:45am
Aquatic Wet n' Sweat	11-11:45pm
H2O Extreme	7-8pm

Tuesday

Silver SPLASH	10:45-11:30am
Aqua Wet n' Sweat	11:45-12:30pm

Wednesday

Aqua Arthritis	9-9:45am
Silver SPLASH	10-10:45am
Aquatic Wet n' Sweat	11-11:45pm
H2O Extreme	7-8pm

Thursday

Silver SPLASH	10:45-11:30am
Aqua Wet n' Sweat	11:45-12:30pm

Friday

Aqua Arthritis	9-9:45am
Silver SPLASH	10-10:45am

Saturday

H2O Extreme	8-9am
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