

Group Fitness Class Schedule: Therapy Pool (May-Aug 2018)

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
6:00 - 6:45 am		water exercise (Denise B)		water exercise (Marla S)	
7:00 - 7:45 am	p3 (Marissa B)		p3 (Marissa B)		p3 (Marissa B)
7:00 - 8:00 am					
8:00 - 8:45 am	water exercise (Marissa B)		water exercise (Marissa B)		water exercise (Marissa B)
9:00 - 9:45 am	water exercise (Marissa B)	water exercise (Alex W)	water exercise (Marissa B)	water exercise (Alex W)	water exercise (Marissa B)
11:00 - 11:45 am		water exercise (Alex W)		water exercise (Alex W)	
1:45 - 2:30 pm		aqua stretch (Deb R)		aqua stretch (Alex W)	
2:35 - 3:20 pm		water exercise (Deb R)		water exercise (Alex W)	
3:00 - 3:45 pm	water exercise (Alex W)		water exercise (Alex W)		
4:00 - 4:45 pm	water exercise (Marissa B)		water exercise (Alex W)		
5:00-5:45 pm	water exercise (Marissa B)	water exercise (Mary S)	water exercise (Marissa B)	water exercise (Melanie S)	4.4.18

Classes in RED are offered on Friday

Classes in BLUE are offered Tuesday and Thursday

Classes in GREEN are offered Monday and Wednesday

To register call 319-352-8716