

**AQUATICS CLASS SCHEDULE – FEBRUARY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				2/1	2/2
				<b>9:00AM Aqua ZUMBA™</b> Judi <hr/> <b>1:30PM Senior Shake Up</b> Melissa (60 mins)	<b>8:15AM H2O Cardio</b> Bekah
4	5	6	7	8	9
<b>8:00AM H2OStride</b> Gayle <b>9:00AM Aqua ZUMBA™</b> Judi	<b>9:00AM SilverSneakers™ Splash</b> Gayle <b>9:45AM Deep Water</b> Gayle <hr/> <b>1:30PM Aqua Move</b> Melissa <b>7:30PM Aquacise</b> Joanne	<b>9:00AM Aqua Tone</b> Gayle <b>9:45AM SilverSneakers™ Splash</b> Gayle	<b>9:00AM Aquacise</b> Joanne <b>9:45AM Deep Water</b> Joanne <hr/> <b>1:30PM Aquacise</b> Joanne (60 mins) <b>7:30PM Aqua Tone</b> Jill	<b>9:00AM Aqua ZUMBA™</b> Judi <hr/> <b>1:00PM Senior Shake Up</b> Melissa (60 mins)	<b>8:15AM Water Fitness</b> Joanne
11	12	13	14	15	16
<b>8:00AM H2OStride</b> Gayle <b>9:00AM Aqua ZUMBA™</b> Judi	<b>9:00AM SilverSneakers™ Splash</b> Gayle <b>9:45AM Deep Water</b> Gayle <hr/> <b>1:30PM Aqua Move</b> Melissa <b>7:30PM Aquacise</b> Joanne	<b>9:00AM Aqua Tone</b> Gayle <b>9:45AM SilverSneakers™ Splash</b> Gayle	<b>9:00AM Aquacise</b> Joanne <b>9:45AM Deep Water</b> Joanne <hr/> <b>1:30PM Aquacise</b> Joanne (60 mins) <b>7:30PM Aqua Tone</b> Jill	<b>9:00AM Aqua Motion™</b> Melanie <hr/> <b>1:00PM Senior Shake Up</b> Melissa (60 mins)	<b>8:15AM H2O Cardio</b> Bekah
18	19	20	21	22	23
<b>8:00AM H2OStride</b> Gayle <b>9:00AM H2O Bootcamp</b> Melissa	<b>9:00AM SilverSneakers™ Splash</b> Gayle <b>9:45AM Deep Water</b> Gayle <hr/> <b>1:30PM Aqua Move</b> Melissa <b>7:30PM Aquacise</b> Joanne	<b>9:00AM Aqua Tone</b> Gayle <b>9:45AM SilverSneakers™ Splash</b> Gayle	<b>9:00AM Aquacise</b> Joanne <b>9:45AM Deep Water</b> Joanne <hr/> <b>1:30PM Aquacise</b> Joanne (60 mins) <b>7:30PM Aqua Tone</b> Jill	<b>9:00AM Aqua Move</b> Melissa <hr/> <b>1:00PM Senior Shake Up</b> Melissa (60 mins)	<b>8:15AM Water Fitness</b> Joanne
25	26	27	28		
<b>8:00AM H2OStride</b> Gayle <b>9:00AM H2O Bootcamp</b> Melanie	<b>9:00AM SilverSneakers™ Splash</b> Gayle <b>9:45AM Deep Water</b> Gayle <hr/> <b>1:30PM Aqua Move</b> Melissa <b>7:30PM Aquacise</b> Joanne	<b>9:00AM Aqua Tone</b> Gayle <b>9:45AM SilverSneakers™ Splash</b> Gayle	<b>9:00AM Aquacise</b> Joanne <b>9:45AM Deep Water</b> Joanne <hr/> <b>1:30PM Aquacise</b> Joanne (60 mins) <b>7:30PM Aqua Tone</b> Jill	<b>**All classes are 45 minutes unless otherwise noted**</b>	