

AQUATICS CLASS SCHEDULE – MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5/1	5/2	5/3	5/4
		9:00AM Aqua Tone Gayle 9:45AM SilverSneakers™ Splash Gayle	9:00AM Aquacise Joanne 9:45AM Deep Water Joanne ----- 1:30PM Aquacise Joanne (60 mins) 7:30PM Aqua Tone Jill (60 mins)	9:00AM Aqua Move Melissa ----- 1:00PM Senior Shake Up Melissa (60 mins)	8:15AM H2O Cardio Bekah
6	7	8	9	10	11
8:00AM H2OStride Gayle 9:00AM H2O BootCamp Melissa	9:00AM SilverSneakers™ Splash Gayle 9:45AM Deep Water Gayle ----- 1:30PM Aqua Move Melissa 7:15PM Aquacise Joanne (75 mins)	9:00AM Aqua Tone Gayle 9:45AM SilverSneakers™ Splash Gayle	9:00AM Aquacise Joanne 9:45AM Deep Water Joanne ----- 1:30PM Aquacise Joanne (60 mins) 7:30PM Aqua Tone Jill (60 mins)	9:00AM Aqua Move Melissa ----- 1:00PM Senior Shake Up Melissa (60 mins)	8:15AM Water Fitness Joanne
13	14	15	16	17	18
8:00AM H2OStride Gayle 9:00AM H2O BootCamp Melissa	9:00AM SilverSneakers™ Splash Gayle 9:45AM Deep Water Gayle ----- 1:30PM Aqua Move Melissa 7:15PM Aquacise Joanne (75 mins)	9:00AM Aqua Tone Gayle 9:45AM SilverSneakers™ Splash Gayle	9:00AM Aquacise Gayle 9:45AM Deep Water Gayle ----- 1:30PM Aquacise Melissa (45 mins) 7:30PM Aqua Tone Jill (60 mins)	9:00AM Aqua Move Melissa ----- 1:00PM Senior Shake Up Melissa (60 mins)	8:15AM H2O Cardio Bekah
20	21	22	23	24	25
8:00AM H2OStride Gayle 9:00AM H2O Bootcamp Melissa	9:00AM SilverSneakers™ Splash Gayle 9:45AM Deep Water Gayle ----- 1:30PM Aqua Move Melissa 7:15PM Aquacise Jill (75 mins)	9:00AM Aqua Tone Gayle 9:45AM SilverSneakers™ Splash Gayle	9:00AM Aquacise Gayle 9:45AM Deep Water Gayle ----- 1:30PM Aquacise Melissa (45 mins) 7:30PM Aqua Tone Jill (60 mins)	9:00AM Aqua Move Melissa ----- 1:00PM Senior Shake Up Melissa (60 mins)	8:15AM Water Fitness Melissa
27	28	29	30	31	
MEMORIAL DAY CLOSED	9:00AM SilverSneakers™ Splash Gayle 9:45AM Deep Water Gayle ----- 1:30PM Aqua Move Melissa 7:15PM Aquacise Joanne (75 mins)	9:00AM Aqua Tone Gayle 9:45AM SilverSneakers™ Splash Gayle	9:00AM Aquacise Joanne 9:45AM Deep Water Joanne ----- 1:30PM Aquacise Joanne (60 mins) 7:30PM Aqua Tone Jill (60 mins)	9:00AM Aqua Move Melissa ----- 1:00PM Senior Shake Up Melissa (60 mins)	