



Aquatic Exercise Program Schedule Beginning 11/2/2015

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	High Intensity Class		High Intensity Class		High Intensity Class
8:00					
9:00	High Intensity Class		High Intensity Class		High Intensity Class
10:00		High Intensity Class		High Intensity Class	
11:00	High Intensity Class	Open Swim	High Intensity Class	Open Swim	High Intensity Class
12:00					
1:15	Low Intensity Class		Low Intensity Class		
2:00		Parkinson's Class		Parkinson's Class	Low Intensity Class
3:00	Low Intensity Class		Low Intensity Class		
4:00					
5:00	High Intensity Class		High Intensity Class		

Classes are one (1) hour long each.