



Aquatic Exercise Program Schedule

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

Classes are one (1) hour long each.

\$10 – per day

\$65- monthly 2x week

\$80- monthly 3x week