



AQUATIC EXERCISE PROGRAM SCHEDULE BEGINNING 6/1/2021

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	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