

## West Aqua Fitness Schedule

To reserve your spot, registration is required beginning 49 hours prior. \*\*Must be 12+ to attend all group classes\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Strength & Cardio	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Strength & Cardio	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Hi-Lo
9:00-9:55am Aqua HIIT	9:05-10:00am 	9:05-10:00am Aqua Bootcamp	9:05-10:00am Aqua HIIT	9:05-10:00am 	9:05-10:00am Aqua Strength & Cardio	9:05-10:00am Aqua Strength & Cardio
1:00-3:00pm Family Swim	6:00-6:55pm Aqua Cardio Kickboxing	6:00-6:55pm Aqua HIIT	6:00-6:55pm Aqua Bootcamp	6:00-6:55pm Aqua Strength & Cardio		10:00-12:00pm Family Swim

**The lap pool will be closed for Family Swim on  
Saturdays 10:00AM-12:00PM  
Sundays 1:00-3:00PM**