

## FITNESS CENTER - AQUA/OUTDOOR - JULY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9:00AM</b>	<i>Aqua Fit</i> (Terry S.)	<i>Aqua Zumba</i> (Jackie)	<i>Aqua Fit</i> (Suzanne)	<i>Aqua Fit</i> (Sandy D.)	<i>Aqua Fit</i> (Michelle)		
<b>10:00AM</b>	<i>Aqua Fit</i> (Terry S.)	<i>Aqua Zumba</i> (Jackie)	<i>Aqua Fit</i> (Donna)	<i>Aqua Fit</i> (Sandy D.)	<i>Aqua Fit</i> (Michelle)	<i>Aqua Fit</i> (Mariah)	
<b>11:00AM</b>							
<b>***</b>							

*\*If the weather is inclement, we advise you to call the front desk (907-2825), 30 minutes before class to confirm if classes are canceled or not. If there is thunder and/or lightning, safety laws require that everyone vacate the pool for a 30-minute "clear" period. If an Aquatic Fitness Instructor or member of the staff asks you to leave the pool area, please remember it's for your own safety.*

### AQUA/OUTDOOR CLASS DESCRIPTIONS

#### Aqua Fit

A perfect combination of various aqua exercises that challenge individuals with stretching, cardio, treading, and dance creating a fun and active environment for all.

#### Aqua Zumba

A moderate intensity, no impact class designed to increase cardiovascular performance, muscle strength, and stamina in deep water.