

Water Aerobics

Drop-in Schedule

Dates: March 4 – May 2 (No classes March 25-28)

Cost: \$9 (R) / \$11 (NR)

Monday Morning

NAME	AVAILABILITY
9 am -Deep Water Condition	Available (5 spots)
10 am - Joyful Joints	Full
11 am - Aqua Dance	Available (7 spots)

Monday Evening

NAME	AVAILABILITY
5 pm - Joyful Joints	Available (4 spots)
6 pm - Joyful Joints	Available (2 spots)

Tuesday Morning

NAME	AVAILABILITY
9 am -Deep Water Condition	Available (4 spots)
10 am - Joyful Joints	Available (2 spots)
11 am - Aqua Pilates & Core	Available (6 spots)

Tuesday Evening

NAME	AVAILABILITY
5 pm - Deep Water Condition	Available (5 spots)
6 pm - Joyful Joints	Available (7 spots)
7 pm – H.E.A.T.	Available (8 spots)

Wednesday Morning

NAME	AVAILABILITY
9 am -Deep Water Condition	Available (4 spots)
10 am - Aqua Motion	Available (3 spots)
11 am - Joyful Joints	Available (2 spots)

Wednesday Evening

NAME	AVAILABILITY
4 pm – Joyful Joints	Available (8 spots)
5 pm - Deep Water Condition	Available (9 spots)

Thursday Morning

NAME	AVAILABILITY
9 am -Deep Water Condition	Available (7 spots)
10 am - Joyful Joints	Available (2 spots)
11 am - Aqua Dance	Available (7 spots)

Thursday Evening

NAME	AVAILABILITY
No Class Thursday Evening	