






# WATER AEROBICS

October 2017

**CONNECT  
WITH US  
ON OUR FA-  
CEBOOK  
PAGE**

	MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
7:45am		Aqua Pilates		Aqua Pilates		
8:00am	Aqua Lite		Aqua Lite		Aqua Lite	
8:45am						
9:00am	Aero Dance		Cardio Intervals		Aqua Boomers	
9:45am			Yoga H <sub>2</sub> O			
10:30am	Arthritis		Arthritis		Arthritis	
5:30pm		Water Extreme	Water Extreme	