



Aqua Group Exercise Schedule Fall 2024 September-December

*schedule subject to change

NO VIDAV						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00 am Water Fitness			8:00 am Deep Water	8:00 am Yoga in the	
	Beth			Beth	Water (W)	
					Joan	
00 am Aqua Challenge		9:00 am Aqua Challenge			9:00 am Making Waves	
Gina		Gina			Joan	
	9:15 am Balance (W)			9:15 am Balance (W)		
	Linda			Ashlee		
		10:00 am Core & Joints Mix	10am Warm Pool (W)			10:00 am Water Fitness
		Linda	Gathering Place Program			Joan
			8/29-9/26			
	10:15 am Balance (W)			10:15 am Balance (W)	Specialty Classes	
	Linda			Lana		
			12:00 pm H20 Cardio		Aqua Pilates	(Gloria) 10 a.m. Mon
			Shallow Rae			Sept 9, Oct 14, Nov 11, Dec
30 pm Aquasize					Beginner Cycling	(Jackie) 10:15am Sat
Linda						Sep14,Oct26,Nov16,Dec28
					Beginner Yoga	(Sherry) 11am
						Sat Sep 28, Oct 26
		6:00 pm Deep Water	6:00 pm Aqua Bootcamp		Better Balance	(Sherry) 11am
00 nm Aquahatas		0.00 pili beep water	0.00 pm Aqua bootcamp		Detter Dalance	(Siletry) Traili
		Jackie	Jackie		better balance	Sat Oct 19, Nov 2
		·				Sat Oct 19, Nov 2
		·			BodyPump Pop Up	Sat Oct 19, Nov 2 (Rachel S) 5:45am
ckie		Jackie	Jackie		BodyPump Pop Up	Sat Oct 19, Nov 2 (Rachel S) 5:45am Tues Sept 10
ckie re-registration required f		Jackie ster at front desk, call 440-98	Jackie 8-6801 or use online sign of	up.		Sat Oct 19, Nov 2 (Rachel S) 5:45am Tues Sept 10 (Kathy) 8 am
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