Water Exercise Classes

MONDAYS , WEDNESDAYS & FRIDAYS			
8:30-9:30am	**Aquafit**	**Judy M.**	**AP**
9:35-10:35am	**Arthritis Foundation Aquatics Plus**	**Judy M.**	**AP**
10:45-1130	**Basic Arthritis Foundation Aquatics**	**Judy M.**	**IP**
TUESDAYS			
10:30-11:30am	**Silver Splash (Silver Sneakers)**	**Mary**	**AP**
6:30-7:30pm	**Shallow Water**	**Mary**	**AP**
THURSDAYS			
9:00-10:00am	**Run River Run!**	**Mary**	**LR**
10:30-11:30am	**Silver Splash (Silver Sneakers)**	**Mary**	**AP**
12:00-1:00	**Water Yoga**	**Beth**	**IP**
6:30-7:30pm	**Deep Water**	**Judy V. & Mary**	**AP**
SATURDAYS			
8:15-9:15am	**Aquafit**	**Mary**	**AP**

AP = ACTIVITY POOL **IP = INSTRUCTIONAL POOL** **LR = LAZY RIVER**