

Pool Schedule Changes for Jane's Classes Effective Monday, April 1, 2024

Monday: 10:50 – 11:50 AM Silver Splash
12:00 – 12:45 PM Aqua Arthritis Energizer

Thursday: 9:00 – 10:00 AM Silver Sneaker Cardio
10:15 – 11:15 AM Aqua HIIT Total Body Cardio
6:15 – 7:15 PM Aqua Fit Cardio and Toning

Friday: 10:00 – 11:00 AM H2O Cardio Blast
11:10 AM – 12:00 PM Aqua Arthritis

Saturday: 8:30 – 9:30 AM Aqua Fit

Reminders:

- You may only register for 1 of Jane's classes per day.
- Wrist bands will be used to track attendance
- If a class is not full 48 hours (2 days) prior, we will accept a second registration for that day
- The pool may be cleared after each class