

AQUATICS EXERCISE SCHEDULE			June/July 2024	
DON'T FORGET TO RINSE OFF BEFORE SWIMMING!				
DAY		TIME	POOL	INSTRUCTOR
MONDAY HRS 6AM-7:45PM				
AQFIT		8:00 AM	LAP	BILL
FUSION		9:00 AM	LAP	LEANNE
AQFIT		9:30 AM	THERAPY	RETA
RTHRITISX		10:45AM	THERAPY	CINDY
AQFIT		6:00 PM	THERAPY	BARB
FINNING		6:15 PM	LAP	JOE
TUESDAY HRS 6AM-8PM				
FINNING		8:00 AM	LAP	JOE
AQSTRENGTH		9:00 AM	LAP	JOE
AQFIT		9:00 AM	LAP	RETA
AQLITE		10:00 AM	THERAPY	BILL
SWIM&SWEAT		6:00 PM	THERAPY	JENN
WEDNESDAY HRS 6AM-7:45PM				
AQFIT		8:00 AM	LAP	BILL
MOVEIT		9:00 AM	LAP	RETA
AQFIT		9:30 AM	THERAPY	LEANNE
RTHRITISX		10:45am	THERAPY	CINDY
SWIM&SWEAT		6:00 PM	THERAPY	JENN
THURSDAY HRS 6AM-8PM				
FINNING		8:00 AM	LAP	LINDA/BILL
AQSTRENGTH		9:00 AM	LAP	LINDA/BILL
AQFIT		9:00 AM	LAP	RETA
SILVER SPLASH		10:00 AM	THERAPY	BILL
AQFIT		6:00 PM	THERAPY	BARB
FINNING		6:15 PM	LAP	JOE
FRIDAY HRS 6AM-5:45PM				
AQFIT		8:00 AM	LAP	BILL
MOVEIT OTB - per request		9:00 AM	LAP	LEANNE
CHANGE IT UP		9:00 AM	LAP	CINDY
AQFIT		9:30 AM	THERAPY	BILL
RTHRITISX		10:45AM	THERAPY	CINDY
SATURDAY HOURS 7AM-1:45PM			updated 6.3.24 ls	

Reminder the Therapy will be closed to put in a new liner! YAY!

