



Southwest Water Fitness

Updated 1/2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45am Aqua Aerobics – S – Margaret	6:00-6:45am Aqua Aerobics – S – Jan	6:00-6:45am Aqua Aerobics – S – Jan	6:00-6:45am Aqua Aerobics – S – Jan	6:00-6:45am Aqua Aerobics – S – Margaret	
8:15-9:00am Aqua Aerobics – D – Eldon		8:15-9:00am Aqua Aerobics – D – Eldon		8:15-9:00am Aqua Aerobics – D – Eldon	8:00-9:00am Aqua Boot Camp – S/D Terry Ukena
9:00-9:45am Aqua Aerobics – S – Terri Boggs Aqua Aerobics -D – Susan Raby	9:00-9:45am Aqua Aerobics – S – Susan Rank	9:00-9:45am Aqua Aerobics – S – Terri Boggs Aqua Aerobics -D – Susan Rank	9:00-9:45am Aqua Aerobics – S – Susan Rank	9:00-9:45am Aqua Aerobics – S – Terri Boggs Aqua Aerobics -D – Susan Rank	9:00-10:00am Aqua Aerobics – S – Eva Aqua Aerobics -D – Amanda
9:45-10:30am Arthritis – S – Becky Aqua Aerobics – D – Susan Raby	9:45-10:30am Aqua Aerobics – D – Susan Rank	9:45-10:30am Arthritis – S – Susan Rank Aqua Aerobics – D – Terri Boggs	9:45-10:30am Aqua Aerobics – D – Susan Rank	9:45-10:30am Arthritis – S – Susan Rank Aqua Aerobics – D – Terri Boggs	
	10:30-11:15am Aqua Zumba Evelyn		10:30-11:15am Aqua Zumba Evelyn		
11:00-11:45 Work-It Circuit Beth	11:30-12:15pm Aqua Aerobics – S – Evelyn	11:00-11:45 Work-It Circuit Beth	11:30-12:15pm Aqua Aerobics – S – Evelyn	11:00-11:45 Work-It Circuit Beth	
12:00-1:00pm Aqua Aerobics – S – Beth		12:00-1:00pm Aqua Aerobics – S – Beth		12:00-1:00pm Aqua Aerobics – S – Beth	
5:30-6:30pm Aqua Aerobics – S – David Aqua Aerobics -D – Eva		5:30-6:30pm Aqua Aerobics – S – David Aqua Exercise -D – Eva			
6:30-7:30pm Aqua Zumba – Evelyn	7:05-8:05pm Aqua Zumba – Melissa	6:30-7:30pm Aqua Aerobics – S – Eva Aqua Aerobics -D – Nina	7:05-8:05pm Aqua Aerobics – S – Eva Aqua Aerobics -D – Nina		

*Shallow Water – S, Deep Water – D
Updated 1/31/2017

**Instructors are subject to change