



# Southwest Water Fitness

## Updated 10/2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00-6:45 am</b> Open Swim/Walk	<b>6:00-6:45 am</b> Water Fitness –S Beth Fletcher	<b>6:00-6:45 am</b> Workout Circuit – S Beth Fletcher	<b>6:00-6:45 am</b> Workout Circuit – S Beth Fletcher	<b>6:00-6:45 am</b> Workout Circuit – S Beth Fletcher	<b>9:00-10:00 am</b> Aqua Aerobics – S Eva Hays
<b>8:15-9:00 am</b> Aqua Aerobics – D Eldon		<b>8:15-9:00 am</b> Aqua Aerobics – D - Eldon		<b>8:15-9:00 am</b> Aqua Aerobics – D - Eldon	
<b>9:00-9:45 am</b> Aqua Aerobics *Eileen - S Connie - D	<b>9:00-9:45 am</b> Aqua Aerobics –S Susan Rank	<b>9:00-9:45 am</b> Aqua Aerobics Connie – S Susan Rank – D	<b>9:00-9:45 am</b> Aqua Aerobics –S Susan Rank	<b>9:00-9:45 am</b> Aqua Aerobics Connie – S Susan Rank - D	
<b>9:45-10:30 am</b> Aqua Aerobics *Eileen – D Connie Arthritis– S	<b>9:45-10:30 am</b> Aqua Aerobics – D - Susan Rank	<b>9:45-10:30 am</b> Aqua Aerobics Susan Arthritis – S Connie - D	<b>9:45-10:30 am</b> Aqua Aerobics – D Susan Rank	<b>9:45-10:30 am</b> Aqua Aerobics Susan Arthritis – S Connie – D	
	<del><b>10:30-11:15 am</b> Aqua Zumba Evelyn</del>		<del><b>10:30-11:15 am</b> Aqua Zumba Evelyn</del>		
<b>11:00-11:45 am</b> Work-It Circuit Beth	<b>11:30 am 12:15 pm</b> Aqua Aerobics – S Evelyn	<b>11:00-11:45 am</b> Work-It Circuit Beth	<b>11:30 am 12:15 pm</b> Aqua Aerobics – S Evelyn	<b>11:00-11:45 am</b> Work-It Circuit Beth	Pool Closed
<b>12:00-1:00 pm</b> Aqua Aerobics – S Beth		<b>12:00-1:00 pm</b> Aqua Aerobics – S Beth		<b>12:00-1:00 pm</b> Aqua Aerobics – S Beth	Pool Closed
<b>5:30-6:30pm</b> Aqua Aerobics David – S Eva - D		<b>5:30-6:30pm</b> Aqua Aerobics David – S Eva - D			Pool Closed
<del><b>6:30-7:30pm</b> Aqua Zumba Evelyn</del>					

S – Shallow Side  
D - Deep Side

**11:30 No Aqua Zumba Class until 1/2/2021**

\*Eileen Shreckengaut  
\*\*Instructors are subject to change