



Southwest Water Fitness

Updated 12/2020



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------------------------------------------------|-----------------------------------------------------------|----------------------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------------------|-------------------------------------------------------|
| 6:00-6:45 am Aqua Aerobics *Stone - S | 6:00-6:45 am Water Fitness Beth Fletcher-S | 6:00-6:45 am Workout Circuit Beth Fletcher - S | 6:00-6:45 am Workout Circuit Beth Fletcher - S | 6:00-6:45 am Workout Circuit Beth Fletcher S | 9:00-10:00 am Aqua Aerobics - S Eva Hays |
| 8:15-9:00 am Aqua Aerobics - D Eldon | | 8:15-9:00 am Aqua Aerobics - D - Eldon | | 8:15-9:00 am Aqua Aerobics - D - Eldon | |
| 9:00-9:45 am Aqua Aerobics Eileen - S *Stone - D | 9:00-9:45 am Aqua Aerobics -S Susan Rank | 9:00-9:45 am Aqua Aerobics Connie - S Susan Rank - D | 9:00-9:45 am Aqua Aerobics -S Susan Rank | 9:00-9:45 am Aqua Aerobics Connie - S Susan Rank - D | |
| 9:45-10:30 am Aqua Aerobics Eileen - D *Stone Arthritis- S | 9:45-10:30 am Aqua Aerobics - D - Susan Rank | 9:45-10:30 am Aqua Aerobics Susan Arthritis - S Connie - D | 9:45-10:30 am Aqua Aerobics - D Susan Rank | 9:45-10:30 am Aqua Aerobics Susan Arthritis - S Connie - D | |
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| 11:00-11:45 am Work-It Circuit Beth | 11:30 am 12:15 pm Aqua Aerobics - S Julie | 11:00-11:45 am Work-It Circuit Beth | 11:30 am 12:15 pm Aqua Aerobics - S Julie | 11:00-11:45 am Work-It Circuit Beth | |
| 12:00-1:00 pm Aqua Aerobics - S Beth | | 12:00-1:00 pm Aqua Aerobics - S Beth | | 12:00-1:00 pm Aqua Aerobics - S Beth | Pool Closed |
| 5:30-6:30pm Aqua Aerobics David - S Eva - D | 5:30-6:30 pm Aqua Fit with music Phelica - S | 5:30-6:30pm Aqua Aerobics David - S Eva - D | 5:30-6:30 pm Aqua Fit with music Phelica - S | | Pool Closed |

S - Shallow Side
D- Deep Side

*Stone Snowden - New Instructor
**Instructors are subject to change

All Aqua Zumba and Aqua Aerobics taught by Evelyn Rivera are suspended until further notice