



# Southwest Water Fitness

## Updated 4/2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00-6:45 am</b> Aqua Aerobics Stone - S	<b>6:00-6:45 am</b> Water Fitness Beth Fletcher-S	<b>6:00-6:45 am</b> Workout Circuit Beth Fletcher - S	<b>6:00-6:45 am</b> Workout Circuit Beth Fletcher - S	<b>6:00-6:45 am</b> Workout Circuit Beth Fletcher S	<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 Stone - 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 Stone 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	
	<b>10:30 am - 11:15</b> Aqua Zumba - S- Evelyn - Starts May 11th				
<b>11:00-11:45 am</b> Work-It Circuit Beth	<b>11:30 am 12:15 pm</b> Aqua Aerobics - S Evelyn - Starts May 11th	<b>11:00-11:45 am</b> Work-It Circuit Beth	<b>11:30 am 12:15 pm</b> Aqua Aerobics - S Julie	<b>11:00-11:45 am</b> Work-It Circuit Beth	
<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>5:30-6:30 pm</b> Aqua Fit with music Phelica - S	<b>5:30-6:30pm</b> Aqua Aerobics David - S Eva - D	<b>5:30-6:30 pm</b> Aqua Fit with music Phelica - S		Pool Closed

S - Shallow Side  
D- Deep Side

\*\*Instructors are subject to change