



Southwest Water Fitness

Updated 7/2021



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|--|
| 6:00-6:45am Aqua Fitness – S Beth | 6:00-6:45am Aqua Fitness – S Beth | 6:00-6:45am Aqua Fitness – S Beth | 6:00-6:45am Aqua Fitness – S Beth | 6:00-6:45am Aqua Fitness – S Beth | |
| 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 am – 9:00 am Sisterhood Sat. – S Phelica |
| 9:00-9:45am Aqua Aerobics – S Eileen S. Aqua Aerobics -D Susan Raby | 9:00-9:45am Aqua Aerobics – S Susan Rank | 9:00-9:45am Aqua Aerobics – S Eileen S. Aqua Aerobics - D Susan Rank | 9:00-9:45am Aqua Aerobics – S Susan Rank | 9:00-9:45am Aqua Aerobics – S Eileen S. Aqua Aerobics -D Susan Rank | 9:00-10:00am Aqua Aerobics – S - Eva |
| 9:45-10:30am Arthritis – S Susan Raby Aqua Aerobics – D Eileen S. | 9:45-10:30am Aqua Aerobics – D Susan Rank | 9:45-10:30am Arthritis – S Susan Rank Aqua Aerobics – D Eileen S. | 9:45-10:30am Aqua Aerobics – D Susan Rank | 9:45-10:30am Arthritis – S Susan Rank Aqua Aerobics – D Eileen S. | |
| | 10:30-11:15am Aqua Zumba - S Evelyn | | <i>10:30-11:15am</i> <i>Aqua Zumba</i> <i>Evelyn</i> <i>(Coming in August)</i> | | |
| 11:00-11:45am Work-It Circuit Beth - S | 11:30-12:15pm Aqua Aerobics – S Julie O’Dell | 11:00-11:45am Work-It Circuit -S Beth | 11:30-12:15pm Aqua Aerobics – S Julie O’Dell | 11:00-11:45am 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 -D Eva | 5:30-6:30pm Aqua Fit w/Music – S Phelica | 5:30-6:30pm Aqua Exercise -D Eva | 5:30-6:30pm Aqua Fit w/Music – S Phelica | | |
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*Updated 7/2021

*Shallow Water = S

*Deep Water = D

*Instructors are subject to change