



Southwest Water Fitness

Updated 12/2021



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	3:30-4:35pm French Middle School	12:00-1:00pm Aqua Aerobics – S Beth	3:30-4:35pm French Middle School	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		

*Updated 7/2021

*Shallow Water = S

*Deep Water = D

*Instructors are subject to change