



Southwest Water Fitness

Updated 10/2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45am Aqua Aerobics – S – Susan Raby	6:00-6:45am Aqua Aerobics – S – Beth	6:00-6:45am Aqua Aerobics – S – Susan Raby	6:00-6:45am Aqua Aerobics – S – Beth	6:00-6:45am Aqua Aerobics – S – Susan Raby	
8:15-9:00am Aqua Aerobics – D - Eldon		8:15-9:00am Aqua Aerobics – D - Eldon		8:15-9:00am Aqua Aerobics – D - Eldon	8:00-9:00am Aqua Boot Camp – S/D Terry Ukena
9:00-9:45am Aqua Aerobics – S – Terri Boggs Aqua Aerobics -D – Susan Raby	9:00-9:45am Aqua Aerobics – S- Susan Rank	9:00-9:45am Aqua Aerobics – S - Terri Boggs Aqua Aerobics -D – Susan Rank	9:00-9:45am Aqua Aerobics – S- Susan Rank	9:00-9:45am Aqua Aerobics – S - Terri Boggs Aqua Aerobics -D – Susan Rank	9:00-10:00am Aqua Aerobics – S - Eva Aqua Aerobics -D – Susan Raby
9:45-10:30am Arthritis – S – Becky Aqua Aerobics – D – Susan Raby	9:45-10:30am Aqua Aerobics – D - Susan Rank	9:45-10:30am Arthritis – S – Susan Rank Aqua Aerobics – D – Terri Boggs	9:45-10:30am Aqua Aerobics – D - Susan Rank	9:45-10:30am Arthritis – S – Susan Rank Aqua Aerobics – D – Terri Boggs	
	10:30-11:15am Aqua Zumba Evelyn		10:30-11:15am Aqua Zumba Evelyn		
11:00-11:45 Work-It Circuit Beth	11:30-12:15pm Aqua Aerobics – S - Evelyn	11:00-11:45 Work-It Circuit Beth	11:30-12:15pm Aqua Aerobics – S -Evelyn	11:00-11:45 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 – S – David Aqua Aerobics -D – Eva		5:30-6:30pm Aqua Aerobics – S - David Aqua Exercise -D – Eva			
6:30-7:30pm Aqua Zumba – Evelyn	6:00 – 6:45 pm Aqua Boom Evelyn and Sylvia	6:30-7:30pm Aqua Aerobics – S - Eva Aqua Aerobics -D – Nina	7:05-8:05pm Aqua Aerobics – S - Eva Aqua Aerobics -D – Nina		

*Shallow Water – S, Deep Water – D
Updated 10/3/2019

**Instructors are subject to change