



FALL 2 AQUAFIT SCHEDULE

Oct. 30, 2017 - Dec. 23, 2017

For further information, please contact Betsy Culeman,
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CLASS	LOCATION	TIME	MON.	TUES.	WED.	THURS.	FRI.
	AP = Warm Water Alumni Pool						
	OP = Olympic Pool						
HIIT - Aqua Boot Camp	OP	6:30 - 7:30 am					✓ Fri.
AquaFit Combo (Shallow & Deep)	AP	8:30 - 9:30 am		✓ Tues.	✓ Wed.	✓ Thurs.	
AquaFit Deep includes 1/2 Hour of HIIT -	OP	9:30 - 10:30 am		✓ Tues.	✓ Wed.	✓ Thurs.	
AquaFit Deep Water Running -	OP	10:30 - 11:00 am	✓ Mon.	✓ Tues.		✓ Thurs.	
Water Walkers - Lane 1 is Reserved for Shallow Water Walking	OP	11:00 am - 12:00	✓ Mon.	✓ Tues.	✓ Wed.	✓ Thurs.	
AquaFit for Participants of Pathways Program	AP	11:00 am - 12:00		✓ Tues.			
AquaFit Senior(65+) Open Swim - Free To Community	AP	1:30 = 2:30 pm	✓ Mon.		✓ Wed.		
AquaFit Deep Water Running 1/4 Diving Well	OP	4:55 - 5:55 pm		✓ Tues.	✓ Wed.	✓ Thurs.	
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