



AQUAFIT SCHEDULE

CLASS	LOCATION	TIME	MON.	TUES.	WED.	THURS.	FRI.
HIIT - Aqua Boot Camp	Olympic Pool	6:30 - 7:30 am Fri					✓
AquaFit Early Bird Deep Water Running (Pre & Post Natal Welcome)	Olympic Pool	7:00 - 7:55 am Tues		✓			
AquaFit Shallow -Deep Combo	Alumni Pool	8:00 - 8:55 am Tues, Wed, Thurs,		✓	✓	✓	
AquaFit Deep (Pre & Post Natal Welcome)	Olympic Pool	9:00 - 9:55 am Mon, Tues, Wed, Thurs,	✓	✓	✓	✓	
AquaFit Deep Water Running - (Pre & Post Natal Welcome)	Olympic Pool	10:00 - 10:55 am Mon, Tues, Wed, Thurs,	✓	✓	✓	✓	
					Bulkhead change @ 10:30		
Water Walkers - Lane 1 Reserved for Shallow Water Walking	Olympic Pool	11:00 am - 12:30 pm Mon - Fri.	✓	✓	✓	✓	✓
Pathways Pool Program*	Alumni Pool	11:00 am - 12:00 pm Tues		✓			
AquaFit Senior(65+) Open Swim - Free To Community**	Alumni Pool	1:30 - 2:30 pm Mon & Wed	✓		✓		
*All Participants Must Be Pre-Registered With Pathways							
** Registration and Check-In Required at Front Desk							