



AQUAFIT SCHEDULE

Sep 4, 2018 through Oct 28, 2018

Class	Location	Monday	Tuesday	Wednesday	Thursday	Friday
HIIT – Aqua Boot Camp Wendy Rosa	Olympic Pool				6:30 – 7:30 am	
AquaFit Prenatal Wendy Rosa	Olympic Pool (shallow)			12:15pm – 1:00pm *starts October 3 rd *		
HydroFit Dana Conelias	Alumni Pool			12:00pm – 1:00pm		
HydroFit Dana Conelias	Olympic Pool (deep)			9:30am – 10:30am		
HydroFit Dana Conelias	Olympic Pool (shallow)					9:30am – 10:30am
AquaFit Shallow Deep Combo Betsy Culeman	Alumni Pool		8:00am – 8:55am	8:00am – 8:55am	8:00am – 8:55am	
Water Walkers – Lane 1 Reserved for Shallow Water Walking No Instructor	Olympic Pool	11:00am- 12:30pm	11:00am- 12:30pm	11:00am- 12:15pm	11:00am- 12:30pm	11:00am- 12:30pm
Pathways Pool Program*	Alumni Pool		11:00am – 12:00pm			
Senior Open Swim Free to Community (65+)** No Instructor	Alumni Pool	1:30pm – 2:30pm		1:30pm – 2:30pm		

*All Participants must be pre-registered with Pathways

**Registration and Check-In Required at Front Desk

If you have any questions regarding the classes please contact:

Greg Loomis, Wellness Manager
Lauren Chiappetta, Aquatics

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