



# HEALTHY LIVING WATER CLASS SCHEDULE

As of March 24, 2025

| Sunday | Monday  | Tuesday                                     | Wednesday   | Thursday                                    | Friday                                      | Saturday |
|--------|---|---|---|---|---|----------|
|        | 7:45-8:45<br>Aqua Challenge<br>Marcia (15)                          | 7:45-8:45<br>Aqua Challenge<br>Marcia (15)  | 7:45-8:45<br>Aqua Challenge<br>Marcia (15)                          | 7:45-8:45<br>Aqua Challenge<br>Marcia (15)  |   |          |
|        | <b>**Reg Required**</b><br>9:00-9:45<br>Aqua Zumba<br>Vera (20)     | 9:00-9:45<br>Aqua Fitness<br>Janet (15)     | 9:00-9:45<br>Aqua Strength<br>Paula (15)                            | 9:00-9:45<br>Aqua Fitness<br>Janet (15)     | 9:00-9:45<br>Aqua Mix<br>Donna (20)         |          |
|        | <b>**Reg Required**</b><br>10:00-10:45<br>Aqua Blast<br>Sue L. (15) | 10:00-10:45<br>Aqua Recess<br>Donna (20)    | <b>**Reg Required**</b><br>10:00-10:45<br>Aqua Blast<br>Sue L. (15) | 10:00-10:45<br>Aqua Gym<br>Eva (15)         | 10:00-10:45<br>Aqua Recess<br>Donna (20)    |          |
|        | 11:00-12:00<br>Aqua Arthritis<br>Donna (25)                         | 11:00-12:00<br>Aqua Arthritis<br>Donna (25) | 11:00-12:00<br>Aqua Arthritis<br>Donna (25)                         | 11:00-12:00<br>Aqua Arthritis<br>Donna (25) | 11:00-12:00<br>Aqua Arthritis<br>Donna (25) |          |
|        |   |   |   |   |   |          |
|        | 5:30-6:15 PM<br>Aqua Zumba<br>Vera (20)                             |   | 5:30-6:15 PM<br>Aqua Zumba<br>Vera (20)                             |   | 5:30-6:15 PM<br>S'WET<br>Sue (15)           |          |

The number in parentheses (15) or (20) or (25) indicates how many participants can safely participate in that specific format with that specific instructor.

**\*\*Reg Required\*\***

When this is written above a class, it indicates REGISTRATION IS REQUIRED. Please see "class descriptions" to determine when registration opens for each class. Participants can sign up online through our website, using the Daxko app, stopping by the front desk or calling the front desk.