



Aqua Classes

April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8am Aqua Basic 10:30 Arthritis	1 9am Aqua Cardio 6:30pm Water Cardio	2 8am Aqua Basic 9am Aqua Fit 10:30 Arthritis	3 9am Aqua Zumba	4 8am Aqua Basic 9am Aqua Circuit	5
6	7 8am Aqua Basic 10:30 Arthritis	8 9am Aqua Cardio 6:30pm Water Cardio	9 8am Aqua Basic 9am Aqua Fit 10:30 Arthritis	10 9am Aqua Zumba	11 8am Aqua Basic 9am Aqua Circuit	12
13	14 8am Aqua Basic 10:30 Arthritis	15 9am Aqua Cardio 6:30pm Water Cardio	16 8am Aqua Basic 9am Aqua Fit 10:30 Arthritis	17 9am Aqua Zumba	18 Good Friday No Classes	19
20	21 8am Aqua Basic 10:30 Arthritis	22 9am Aqua Cardio 6:30pm Water Cardio	23 8am Aqua Basic 9am Aqua Fit 10:30 Arthritis	24 9am Aqua Zumba	25 8am Aqua Basic 9am Aqua Circuit	26
27	28 8am Aqua Basic 10:30 Arthritis	29 9am Aqua Cardio 6:30pm Water Cardio	30 8am Aqua Basic 9am Aqua Fit 10:30 Arthritis			