



Aqua Classes

May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9am Aqua Zumba	2 8am Aqua Basic 9am Aqua Circuit	3
4	5 8am Aqua Basic 9am Mix it Up Monday 10:30 Arthritis	6 9am Aqua Cardio 6:30pm Water Cardio	7 8am Aqua Basic 9am Aqua Fit 10:30 Arthritis	8 9am Aqua Zumba 6:30pm Water Cardio	9 8am Aqua Basic 9am Aqua Circuit	10
11	12 8am Aqua Basic 10:30 Arthritis	13 9am Aqua Cardio 6:30pm Water Cardio	14 8am Aqua Basic 9am Aqua Fit 10:30 Arthritis	15 9am Aqua Zumba 6:30pm Water Cardio	16 8am Aqua Basic 9am Aqua Circuit	17
18	19 8am Aqua Basic 9am Mix it Up Monday 10:30 Arthritis	20 9am Aqua Cardio 6:30pm Water Cardio	21 8am Aqua Basic 9am Aqua Fit 10:30 Arthritis	22 9am Aqua Zumba 6:30pm Water Cardio	23 8am Aqua Basic 9am Aqua Circuit	24
25	26 No Classes Memorial Day	27 9am Aqua Cardio 6:30pm Water Cardio	28 8am Aqua Basic 9am Aqua Fit 10:30 Arthritis	29 9am Aqua Zumba 6:30pm Water Cardio	30 8am Aqua Basic 9am Aqua Circuit	31