

AQUATIC FITNESS SCHEDULE 2022



MONDAY	DEPTH	CLASS	INSTRUCTOR	LENGTH
5:30 AM	Deep	Tabaqua	Brad	50 Min
7:00 AM	Deep	Deep Water Exercise	Dallas	40 Min
7:45 AM	Deep	Deep Water Exercise	Dallas	40 Min
*8:00 AM	Shallow	*DYOC	No Instructor	55 Min
9:00 AM	Shallow	Arthritis	Dallas	30 Min
9:30 AM	Deep	Arthritis	Dallas	30 Min
10:00 AM	Shallow	Aqua Zumba	Lisa	60 Min
3:00 PM	Deep	Hydro	Jean	50 Min
6:30 PM	Shallow/Deep	Yoga Fusion	Tanya	55 Min
TUESDAY	DEPTH	CLASS	INSTRUCTOR	LENGTH
7:00 AM	Deep	Deep Water Exercise	Dallas	40 Min
7:45 AM	Deep	Deep Water Exercise	Dallas	40 Min
9:00 AM	Shallow	Aqualates	Leigh	40 Min
3:00 PM	Deep	Tabaqua	Pennie	50 Min
6:30 PM	Deep	HIIT	Cheryl	55 Min
WEDNESDAY	DEPTH	CLASS	INSTRUCTOR	LENGTH
5:30 AM	Deep	Tabaqua	Brad	50 Min
7:00 AM	Deep	Deep Water Exercise	Dallas	40 Min
7:45 AM	Deep	Deep Water Exercise	Dallas	40 Min
*8:00 AM	Shallow	*DYOC	No Instructor	55 Min
9:00 AM	Shallow	Arthritis	Dallas	30 Min
9:30 AM	Deep	Arthritis	Dallas	30 Min
10:00 AM	Shallow	Aqua Zumba	Lisa	60 Min
3:00 PM	Deep	HEAT	Jean	50 Min
6:30 PM	Deep	Mash Up	Lorie	55 Min
THURSDAY	DEPTH	CLASS	INSTRUCTOR	LENGTH
7:00 AM	Deep	Deep Water Exercise	Dallas	40 Min
7:45 AM	Deep	Deep Water Exercise	Dallas	40 Min
9:00 AM	Shallow	Aqualates	Leigh	40 Min
3:00 PM	Deep	Tabaqua	Pennie	50 Min
6:30 PM	Shallow/Deep	Yoga Fusion	Tanya	55 Min
FRIDAY	DEPTH	CLASS	INSTRUCTOR	LENGTH
5:30 AM	Deep	Tabaqua	Brad	50 Min
7:00 AM	Deep	Deep Water Exercise	Dallas	40 Min
7:45 AM	Deep	Deep Water Exercise	Dallas	40 Min
*8:00 AM	Shallow	*DYOC	No Instructor	55 Min
9:00 AM	Shallow	Arthritis	Dallas	30 Min
9:30 AM	Deep	Arthritis	Dallas	30 Min
3:00 PM	Deep	Tabaqua	Lynnette/Linda	50 Min
SATURDAY	DEPTH	CLASS	INSTRUCTOR	LENGTH
9:10 AM	Deep	Tabaqua/Deep Water Exercise	Brad	50 Min
10:10 AM	Deep	Tabaqua	Linda	50 Min

*DYOC is "Do Your Own Cardio" and is participant led - there is no instructor