



JUNE 2019 LC Ward 3 Recreation-SWIMMING POOL

FACILITY HOURS MON-FRI 6AM-8PM SAT 8AM-2PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 P	3 WATER AEROBICS 6:30AM AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 6:00PM	4 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	5 AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 5:30PM	6 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	7 WATER AEROBICS 6:30AM	8
9 O	10 WATER AEROBICS 6:30AM AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 6:00PM	11 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	12 AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 5:30PM	13 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	14 WATER AEROBICS 6:30AM	15
16 O	17 WATER AEROBICS 6:30AM AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 6:00PM	18 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	19 AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 5:30PM	20 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	21 WATER AEROBICS 6:30AM	22
23 L	24 WATER AEROBICS 6:30AM AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 6:00 PM	25 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	26 AQUA FLEX 9:30AM AQUA FLEX 11:00AM AQUA BLAST 5:30PM	27 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	28 WATER AEROBICS 6:30AM	29
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Water Aerobics-Class combines Cardio and strength training designed to burn fat while strengthening and toning muscles. Suitable for all fitness levels.

Get Fit with Denise-Fun cardio and toning class designed for all fitness levels.

Aqua Flex-Taking Yoga to the water stretching to improve muscle strength and flexibility.

Aqua Blast-Fun cardio and strength training class designed to burn fat and tone muscles while having a blast in the water.