

Spring into Health



Annoucement	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spartan Team Swims M-F 4p-6p During this time lanes 1-3 are open for swim.	6:30a Get Fit w/Denise 2 8a Registered Swim Lessons 9:30a Aqua Flex 11a Aqua Flex 6p Aqua Blast 6:30p Master Swim	9a Get Fit w/Denise 3 10:15a Get Fit w/Denise 4:30p Aqua Blast 6p Aqua Blast	6:15a Get Fit w/Denise 4 8a Registered Swim Lessons 9:30a Aqua Flex 11a Aqua Flex 5:30p Aqua Blast 6:30p Master Swim	9a Get Fit w/Denise 5 10:15a Get Fit w/Denise 4:30p Aqua Blast 6p Aqua Blast	6:30a Get Fit w/Denise 6 8a Registered Swim Lessons 6:30p Master Swim	Open Swim
 Time to Spring Ahead	6:30a Get Fit w/Denise 9 8a Registered Swim Lessons 9:30a Aqua Flex 11a Aqua Flex 6p Aqua Blast 6:30p Master Swim	9a Get Fit w/Denise 10 10:15a Get Fit w/Denise 4:30p Aqua Blast 6p Aqua Blast	6:15a Get Fit w/Denise 11 8a Registered Swim Lessons 9:30a Aqua Flex 11a Aqua Flex 5:30p Aqua Blast 6:30p Master Swim	9a Get Fit w/Denise 12 10:15a Get Fit w/Denise 4:30p Aqua Blast 6p Aqua Blast	6:30a Get Fit w/Denise 13 8a Registered Swim Lessons 6:30p Master Swim	Open Swim
 HAPPY ST. PATRICK'S DAY	6:30a Get Fit w/Denise 16 8a Registered Swim Lessons 9:30a Aqua Flex 11a Aqua Flex 6p Aqua Blast 6:30p Master Swim	9a Get Fit w/Denise 17 10:15a Get Fit w/Denise 4:30p Aqua Blast 6p Aqua Blast	6:15a Get Fit w/Denise 18 8a Registered Swim Lessons 9:30a Aqua Flex 11a Aqua Flex 5:30p Aqua Blast 6:30p Master Swim	 9a Get Fit w/Denise 19 10:15a Get Fit w/Denise 4:30p Aqua Blast 6p Aqua Blast	6:30a Get Fit w/Denise 20 8a Registered Swim Lessons 6:30p Master Swim	Open Swim
	6:30a Get Fit w/Denise 23 8a Registered Swim Lessons 9:30a Aqua Flex 11a Aqua Flex 6p Aqua Blast 6:30p Master Swim	9a Get Fit w/Denise 24 10:15a Get Fit w/Denise 4:30p Aqua Blast 6p Aqua Blast	6:15a Get Fit w/Denise 25 8a Registered Swim Lessons 9:30a Aqua Flex 11a Aqua Flex 5:30p Aqua Blast 6:30p Master Swim	9a Get Fit w/Denise 26 10:15a Get Fit w/Denise 4:30p Aqua Blast 6p Aqua Blast	6:30a Get Fit w/Denise 27 8a Registered Swim Lessons 6:30p Master Swim	Open Swim
	6:30a Get Fit w/Denise 29 8a Registered Swim Lessons 9:30a Aqua Flex 11a Aqua Flex 6p Aqua Blast 6:30p Master Swim	9a Get Fit w/Denise 30 10:15a Get Fit w/Denise 4:30p Aqua Blast 6p Aqua Blast	6:15a Get Fit w/Denise 31 8a Registered Swim Lessons 9:30a Aqua Flex 11a Aqua Flex 5:30p Aqua Blast 6:30p Master Swim			

Water Aerobics-Class combines Cardio & Strength training designed to burn fat while strengthening & toning muscles. Suitable for all fitness levels.

Get Fit with Denise-Fun cardio & toning class designed for All fitness levels.

Aqua Flex-Taking Yoga to the water stretching ton improve strength & flexibility.

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

Swim Lesson-For those who need to learn how to swim.

Master Swim Lesson-For those who want to go beyond Intermediate Swimming

