




March 2019 LC Ward 3 Recreation-SWIMMING POOL FACILITY HOURS MON-FRI 6AM-8PM SAT 8AM-2PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 WATER AEROBICS 6:30AM	2
P 3	4 WATER AEROBICS 6:30AM AQUA FLEX 10:30AM AQUA BLAST 6:00PM	5 Mardi Gras Hours Pool 6AM-2PM Weightroom 5AM-2PM *NO CLASSES*	6 AQUA FLEX 10:30AM AQUA BLAST 5:30PM	7 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	8 WATER AEROBICS 6:30AM	9
O 10	11 WATER AEROBICS 6:30AM AQUA FLEX 10:30AM AQUA BLAST 6:00PM	12 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	13 AQUA FLEX 10:30AM AQUA BLAST 5:30PM	14 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	15 WATER AEROBICS 6:30AM	16
O 	17 WATER AEROBICS 6:30AM AQUA FLEX 10:30AM AQUA BLAST 6:00PM	19 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	20 AQUA FLEX 10:30AM AQUA BLAST 5:30PM	21 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	22 WATER AEROBICS 6:30AM	23
L 24	25 WATER AEROBICS 6:30AM AQUA FLEX 10:30AM AQUA BLAST 6:00PM	26 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	27 AQUA FLEX 10:30AM AQUA BLAST 5:30PM	28 GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	29 WATER AEROBICS 6:30AM	30

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.