

September 2019 LC Ward 3 Recreation-Aerobics Schedule

Mon-Fri 6am-8pm Sat 8am-2pm



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  shutterstock - 137563085	2 6:30am Water Aerobics 8-9am Adult Swim Lessons 9:30am Aqua Flex 11:00am Aqua Flex 6:00pm Aqua Blast <i>6:00A 5:00P No Classes</i>	3 9am Get fit w/ Denise 4:30pm Aqua Blast 6:00pm Aqua Blast	4 8-9am Adult swim Lessons 9:30am Aqua Flex 11:00am Aqua Flex 5:30pm Aqua Blast	5 9:00am Get fit w/ Denise 4:30pm Aqua Blast 6:00pm Aqua Blast	6 6:30am Water Aerobics 8-9am Adult Swim Lessons	7 Open Swim
8	9 6:30am Water Aerobics 8-9am adult Swim Lessons 9:30am Aqua Flex 11:00am Aqua Flex 6:00pm Aqua Blast	10 9am Get fit w/ Denise 4:30pm Aqua Blast 6:00pm Aqua Blast	11 8-9am Adult swim Lessons 9:30am Aqua Flex 11:00am Aqua Flex 5:30pm Aqua Blast	12 9:00am Get fit w/Denise 4:30pm Aqua Blast 6:00pm Aqua Blast	13 6:30am Water Aerobics 8-9am Adult Swim Lessons	14 Open Swim
15	16 6:30am Water Aerobics 8-9am Adult Swim Lessons 9:30am Aqua Flex 11:00am Aqua Flex 6:00pm Aqua Blast	17 9am Get fit w/ Denise 4:30pm Aqua Blast 6:00pm Aqua Blast	18 8-9am Adult swim Lessons 9:30am Aqua Flex 11:00am Aqua Flex 5:30pm Aqua Blast	19 9:00am Get fit w/ Denise 4:30pm Aqua Blast 6:00pm Aqua Blast	20 6:30am Water Aerobics 8-9am Adult Swim Lessons	21 Open Swim
22	23 6:30am Water Aerobics 8-9 Adult Swim Lessons 9:30am Aqua Flex 11:00am Aqua Flex 6:00pm Aqua Blast	24 9am Get fit w/ Denise 4:30pm Aqua Blast 6:00pm Aqua Blast	25 8-9am Adult Swim Lessons 9:30am Aqua Flex 11:00am Aqua Flex 5:30pm Aqua Blast	26 9:00am Get fit w/Denise 4:30pm Aqua Blast 6:00pm Aqua Blast	27 6:30am Water Aerobics 8-9am Adult Swim Lessons	28 Open Swim
29	30 6:30am Water Aerobics 8-9 Adult Swim Lessons 9:30am Aqua Flex 11:00am Aqua Flex 6:00pm Aqua Blast	9am Get fit w/ Denise 4:30pm Aqua Blast 6:00pm Aqua Blast	8-9am Adult swim Lessons 9:30am Aqua Flex 11:00am Aqua Flex 5:30pm Aqua Blast	9:00am Get fit w/Denise 4:30pm Aqua Blast 6:00pm Aqua Blast	6:30am Water Aerobics 8-9am Adult Swim Lessons	Open 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 & b tone muscle while having a blast in the water.