



## Shore Aquatic Center Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00am River Fit (river)  Linda C	7:45-8:45am Aqua Conditioning (shallow)  Julie H		7:45-8:45am Aqua Conditioning (shallow)  Julie H	7:00-8:00am River Fit (river)  Linda C	8:00-9:00am Weekend Warrior (deep)  Jennifer C
9:45-10:45am Body Sculpt (deep)  Victoria B		9:45-10:45am Balance & Stability (therapeutic)  Victoria B		9:45-10:45am Booty Movers (shallow)  Jake	9:30-10:30am Cardio Energizer (shallow)  Victoria B
	11:45a-12:45p Cardio Energizer (shallow)  Elyse G		11:45a-12:45p Cardio Energizer (shallow)  Elyse G		
	6:30-7:30pm Kickin' Booty (deep)  Jennifer C		6:30-7:30pm Kickin' Booty (deep)  Wendy B		

**CAPACITY**

Shallow aerobics-25

Therapeutic aerobics-25

Deep aerobics-20

River aerobics-15