



Shore Aquatic Center Aerobics Schedule

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

CAPACITY

Shallow aerobics-25 Therapeutic aerobics-25 Deep aerobics-20 River aerobics-15