



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	7:00-8:00am Aqua Fit (shallow) Linda C	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	10:15-11:15am Aqua Yoga 7 week session Anna M	9:45-10:45am Balance & Stability (therapeutic) Victoria B	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				

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